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GENERAL REVERSES ABUSE TESTIMONY, PG7

Gift Guide

All the ideas you need pg 19

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HST for B.C., Ontario gets nod from feds

VOTE The HST is a big step closer to reality for B.C. and Ontario.

The House of Commons voted 253-37 yesterday in favour of a harmonized sales tax for the two provinces.

The Conservatives, Liberals and Bloc Québécois supported the measure, while the NDP opposed it.

Just hours earlier, the Ontario legislature passed its own legislation and B.C. is expected to follow suit early in the new year.

Several MPs were absent for the vote, including Conservative Dona Cadman and Liberal Keith Martin who both represent B.C. ridings. **THE CANADIAN PRESS**

MORE COVERAGE, PAGES 3, 8

DTES **Hope in Shadows**

KRISTEN THOMPSON/METRO VANCOUVER

Catherine, who did not want her last name printed, sells Hope In Shadows calendars outside Waterfront Station in Vancouver yesterday. After selling more than 700 last year, she's back on the streets to earn money for her kids' Christmas presents. **Story, page 3.**

Surrey pastor gets 15 months for sex video

Man used teen's Facebook photos, ID to encourage her rape

STIG NIELSEN
for Metro Vancouver

A Surrey pastor was sentenced to 15 months in jail for making a sexually explicit video of a young teen girl using photographs from Facebook that also encouraged her rape, RCMP said yesterday.

Larry Robert Collins, 45, was pastor at the Guildford Church of Nazarene when the video was created and distributed online. He was removed after confessing about a year and a half ago.

RCMP Const. Rosiane Racine said Collins also used photos of the victim taken from Facebook to impersonate her online and encourage people to click on a web link to the video. He also posted the teen's name and hometown.

The victim, who is not a B.C. resident, knew Collins but they did not have daily contact.

Racine called the case "very serious."

"What's unique and special about this one is that the video contains some writing encouraging people to rape the victim and that in itself is concerning," she said.

After the video was discovered, the IP address was traced to Collins, who has since collaborated with investigators.

Douglas Woods, who's serving as transitional pastor, said yesterday that members of the congregation are disappointed and shocked.

"As the congregation has become more aware, they have experienced disappointment and grief," he said. "This is like a second shockwave to them, when it gets out to the media and reporters start making inquiries."

According to Racine, the victim is shaken up but safe at home with her family.

"We don't know how long the video was online, but it was long enough for a lot of people to view it and once something is online, it's online forever," said Racine.

Collins will also be on probation for three years once he's released.

Pay more, drink less, suggest researchers

STUDY B.C.'s alcohol consumption is rising faster than anywhere else in Canada according to study results released yesterday and researchers are recommending consumers pay more for their booze to counter the trend.

The Alcohol and Other Drug Monitoring Project, led by the University of Victoria's Centre for Addictions Research (CARBC), has found that alcohol consumption is up 16 per cent over the past decade. Alcohol-related hospitalizations are also up 17 per cent.

Scott McDonald, assistant director at CARBC, said that while the published results reflect the entire province, there was a great deal of regional variance.

"The Howe Sound, for example, was nearly 25 per cent higher than Vancouver. Adults in that area are averaging nearly four drinks a day," he said.

For Vancouver, that's nearly three drinks a day average.

When asked why an increase in alcohol prices is proposed, McDonald said he sees it as the only means of control.

"From an individual perspective, it's tough," he said. "But, studies have shown that the best way to affect alcohol consumption is a change in price."

Researchers are recommending a minimum price of $1.50 per drink in liquor stores and $3 in bars. **SEAN KOLENKO/ FOR METRO VANCOUVER**

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Entertainment pg 36

Cage sued for fraud by ex

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Local

Drumming in a gathering space

A new gathering space for aboriginal students was inaugurated yesterday at the Vancouver Community College Broadway campus. Squamish drummer Tumpkin Millforth, left, performed at the opening ceremony. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

CINEPLEX Vancouver and Whistler Olympic events will be broadcast live in Cineplex theatres across Central and Western Canada throughout the Games period. CTV announced yesterday that it would beam both its English- and French-language broadcasts to the theatre chain. Sixty-four theatres will be participating from Feb. 12 to 28. Cineplex will charge $9.95 for one-day tickets and $29.95 for unlimited access to the select theatres for the duration of the Games.

SEAN KOLENKO/ FOR METRO VANCOUVER

REAL ESTATE Home sales in B.C. climbed 165 per cent to 7,182 units last month, compared to the same time last year, according to the British Columbia Real Estate Association. Nearly 80,000 units were sold in the first eleven months of 2009, up 19 per cent from 2008.

PARADE Organizers of Vancouver's Chinese New Year Parade are re-jigging the event to get around roadblocks because it coincides with the opening weekend of the 2010 Winter Olympic Games, CBC News Online reports. The 36th annual parade is scheduled for Feb.14, the second day of competition for the Games.

METRO NEWS SERVICES

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Crime **Sexual-assault suspect**

JEFF HOSKIN/METRO VANCOUVER

Police Const. Jana McGuinness holds a sketch of a sexual-assault suspect yesterday in Vancouver. The man reached up a woman's skirt in the lobby of a West End apartment in November. He ran away when the woman screamed.

Restaurant group takes on HST

TAX The B.C. restaurant and food-service industry is serving up a new campaign in the hopes of getting consumers on their side in the fight against the HST.

The group has set up a website — nomealtax.ca — with links to an online petition addressed directly to the provincial and federal governments.

Yesterday, the House of Commons voted in favour of the controversial tax for British Columbia and Ontario.

If the HST is implemented here, we'll be paying 12 per cent on our food bills, up from the five per cent we pay currently.

Mark von Schellwitz, vice-president Western Canada of the Canadian Restaurant and Foodservices Association, said the tax will take a big bite out of customers' wallets and employees' wages.

Schellwitz said the tax could lead to a 7.5 per cent drop in restaurant sales, which would translate into a $750-million loss in B.C.

The only way to offset these losses would be to cut staff hours.

"Our industry employs more people than agriculture, forestry, fishing, mining, and oil and gas sectors combined," said Ian Tostenson, president of the B.C. Restaurant and Foodservices Association.

"Our campaign will give a much-needed voice to the thousands of restaurant workers whose jobs could disappear."

KRISTEN THOMPSON/ METRO VANCOUVER

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Calendars rake in cash

Low-income vendor profitting

KRISTEN THOMPSON
kristen.thompson@metronews.ca

One low-income Vancouver mom's kids are going to have presents under their tree this year thanks to the hours she spends standing in the cold, and the popularity of the Hope in Shadows calendar.

Catherine, who did not want her last name printed, stands outside Waterfront Station selling the calendars, which feature black-and-white photos of Downtown Eastside people taken by fellow residents.

Pivot Legal Society prints the calendars and sells them to low-income residents, who buy them for $10 and sell them for $20.

Last year, Catherine sold more than 700 calendars, bringing home at least $7,000 in profit, which she used to pay off her debts. This year's sales will yield Christmas gifts.

"People look for you on the street and say they have been looking all over for (you)," she said.

Catherine said being a vendor has helped her overcome financial barriers, depression and anxiety.

"It's motivating," she said. "It gets me out and socializing."

VanCity is involved in the funding and training of vendors, and has seven branches acting as a depot for the calendars.

Janette Hunter, manager of the branch near Terminal Avenue and Quebec Street, said vendors are proud to be using their own initiative to earn a bit of a living.

Creation

- Hope in Shadows distributes disposable cameras to 200 DTES residents so they can photograph the community from their perspective.
- Thirteen photos are selected for the Hope in Shadows calendars.
- This year, 16,000 were printed — up from 13,300 printed and sold out last year, and 9,000 in 2007.

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WHAT'S ONLINE TODAY

Video Peter MacKay steps up Tory defence in Afghan detainee controversy after top commander does about-face at **metronews.ca/canada**

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Speediest speaker lands trip to Vegas
A Vancouver woman fast-talked herself to the title of Canada's speediest speaker, winning Expedia.ca's third annual Fast Talk To Vegas contest. Naomi Thomas rapidly recited a pre-chosen script in less than 13 seconds, winning a VIP weekend in Las Vegas. METRO VANCOUVER

Where did the fish go?

Panel unable to pinpoint where Fraser salmon returns went

JEFF HODSON
jeff.hodson@metronews.ca

B.C. should be prepared for fisheries closures and even the removal of fish farms from sockeye migration routes, a panel of top fish scientists warned yesterday in Vancouver.

The scientists didn't pinpoint why the Fraser River sockeye returns collapsed, but did agree that climate change was a key factor.

The number of Fraser River sockeye salmon has been declining since the mid-90s and is now at the point where the salmon are in danger of disappearing, meaning that precautions like the closure of fisheries could be the new norm.

This year's Fraser River sockeye returns were the lowest in 52 years. Only 1.4-million fish came back to spawn in the tributaries of the Fraser, a fraction of the expected number.

A think-tank symposium with 22 scientists and researchers met in Vancouver this week to discuss reasons for the collapse. A federal judicial inquiry has also been called.

SFU professor John Reynolds compared studying the collapse with figuring out a plane crash.

The symposium wasn't sure why the number of sockeye was so low, but did say the collapse was not due to fishing, which was greatly restricted in 2009.

The problem, they think, occurred as the vulnerable juvenile salmon made their way to Georgia Strait in 2007. One point of consensus, Reynolds said, was that changes in the seas that affected the young salmon were likely the result of climate change.

"Climate was seen as sort of an overarching issue, but the exact ways it was affecting survival are still a bit of a mystery simply because there is not enough research in the coastal marine environment."

Blocked by feds

- Scientists with the Department of Fisheries and Oceans (the federal agency responsible for salmon) were invited to take part in the symposium, but the Conservative government did not allow them to participate.

News in brief

ENVIRONMENT Thousands of photos of kids are being projected in two Vancouver and Burnaby malls tonight by Moms Against Climate Change to remind Prime Minister Stephen Harper who he is representing in Copenhagen. The displays will be at Pacific Centre and Metrotown.

RULING A Vancouver woman has been awarded more than $7,000 by the B.C. Human Rights Tribunal after her boss allegedly hugged and kissed her on the lips, CBC News Online reports.

METRO NEWS SERVICES

JEFF HODSON/METRO VANCOUVER

Detective Phil Ens demonstrates breaking into a "bait car."

Avoid 'bait gifts': Cops

CRIME Lock presents in the trunk and don't leave anything visible in the car when Christmas shopping, police in Vancouver warned yesterday.

Phil Ens, a detective with the Vancouver's auto crime enforcement team, said December is the busiest month for theft from cars.

The city experienced an 18 per cent spike in the crime in December last year. Ens said thieves lurk in parking lots and watch for shoppers dropping off gifts. He recommended using an antitheft device and removing the cable that pops the trunk.

Ens, who was dressed as an elf (a very large elf), loaded a car with presents, which he called "bait gifts" and demonstrated how thieves easily break into cars. He jimmied a lock in seconds with a slim jim and then smashed two windows with a small piece of porcelain. JEFF HODSON/METRO VANCOUVER

TransLink: No 'drastic changes'

SEAN KOLENKO
for Metro Vancouver

TRANSIT TransLink will be able to maintain its current levels of service thanks to some cost cutting, lower fuel prices and $130 million from the Mayor's Council on Regional Transportation according to a press release issued yesterday.

The transportation authority reduced its third quarter deficit to $34 million from a projected $74 million.

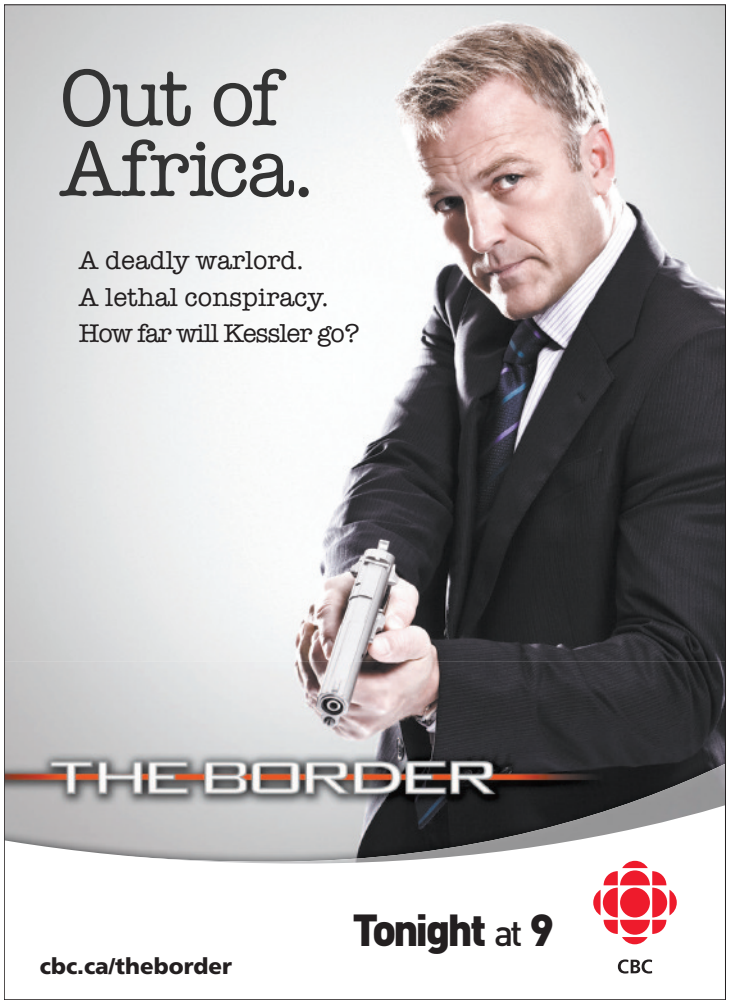
A company-wide hiring freeze, project delays and cuts to non-essential spending also helped in the debt reduction.

The company still expects to post a 2009 deficit of $78 million.

Spokesperson Judy Rudin was hesitant to say what effect the news would have on riders.

"We're just able to keep things at the levels they are at right now," she said.

"The good news is that we won't have to make any quick, drastic changes."



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Olympic torch to enter House of Commons today

The 2010 torch will be at the Parliament Buildings in Ottawa today as part of its journey across Canada and back. Members of Parliament unanimously passed a motion on Monday, officially inviting the Olympic flame into the House of Commons. The torchbearer's identity is being kept secret. METRO VANCOUVER

Small grow-ops still a threat: Cops

STIG NIELSEN
for Metro Vancouver

Vancouver police want a chance to tell the Senate that even small grow-ops are a threat to public safety and that eliminating minimum sentences for growers would lead to their spread.

Canada's Senate is looking at amending Bill C-15 to remove minimum sentences for people convicted of growing fewer than 200 pot plants.

Vancouver Insp. Brad Desmarais said yesterday the move would just encourage criminals to diversify their business.

"199 plants will still constitute a viable commercial operation."
Insp. Brad Desmarais

"Criminals constantly operate on a cost/benefit analysis — 199 plants will still constitute a viable commercial option," said Desmarais. "I suspect if this amendment passes we will see even more unsafe grows occurring."

He added that grow-ops in houses where children are present should attract a minimum sentence.

"It doesn't matter if there is a wiring malfunction in a 200-plant grow or in a 2,000-plant grow, houses still burn down," said Desmarais.

Land bridge spurred migration: UBC study

BIRDS Despite their ability to fly, tropical birds waited until the formation of the land bridge between North and South America to move northward, according to a UBC study released yesterday.

The land bridge where Panama is today was completed between three and four million years ago. It is believed to have initiated the Great American Biotic Interchange, bringing mammals that evolved uniquely in South America during its "island isolation" — the armadillo, opossum and porcupine — to North America.

Fossil records have shown that mammalian species also travelled across the land bridge from North to South America, increasing biodiversity in the tropical regions.

The researchers said they believe the inability of many tropical birds to fly long distances across open water — some are reluctant even to cross rivers as narrow as 200 metres — may have contributed to the few north-bound movements prior to the land bridge completion.

METRO VANCOUVER

News in brief

CORRECTION A traffic ticket was not given to a motorcyclist for parking his bike on the sidewalk during a Tuesday rally at a Surrey courthouse as reported yesterday. Metro Vancouver regrets the error.

ANIMALS A Vernon woman is being charged with animal cruelty, obstruction and assaulting a peace officer after 28 emaciated and injured horses were found on her property, the B.C. SPCA said. Investigators also discovered 39 dogs and four cats inside an unventilated area on Carla Christman's property.

JAIL More than half of British Columbia's incarcerated population in 2008-09 were people waiting to be tried, according to Statistics Canada. Of the people behind bars in B.C., 57 per cent — or 1,546 — had not yet been tried and sentenced. The number of sentenced criminals in provincial jails was 1,267.

GAMES TALENT A roster of 70 producers, announcers, DJs, and field talent has been hired to work the Vancouver 2010 Games in both official languages, VANOC announced yesterday.

METRO NEWS SERVICES

Injured hockey player seeking worker's compensation 7
A Canadian hockey player hurt while playing for a minor-league team in Rhode Island is suing for worker's compensation in Michigan. THE CANADIAN PRESS

Canada

FRED CHARTRAND/THE CANADIAN PRESS

Chief of the Defence Staff Walt Natynczyk holds a news conference at National Defence headquarters in Ottawa yesterday.

Top general says prisoner beaten

Afghan bombshell puts pressure on Tories

The country's top military commander reversed himself yesterday and put rising pressure on the government with the explosive assertion that a beaten and bloodied Canadian-captured prisoner was indeed abused by Afghan authorities prior to 2007.

The about-face by Gen. Walt Natynczyk — who had earlier insisted Canadians had not detained the suspected Taliban in June 2006 — undercuts one of the Conservative government's key lines of defence in the widening controversy over the handling of insurgent prisoners.

Defence Minister Peter MacKay has categorically insisted "there is not a single, proven allegation" of abuse prior to 2007.

Prime Minister Stephen Harper brushed aside the revelation by saying it "confirms what we have been saying all along."

But, in a recalibration of the government's position, Harper told the House of Commons that the military acted when they uncovered "substantive evidence" of abuse. Previously, Harper and MacKay have said there was no such evidence.

Natynczyk's revelation also raises questions about whether Canada violated international law by continuing to transfer prisoners to Afghan custody after it had evidence of abuse.

The general skirted questions about any potential political fallout and said he's ordered a board of inquiry investigation into why neither he, nor his predecessor, Rick Hillier, saw a platoon commander's report that detailed the prisoner's capture.

University of Ottawa law professor Errol Mendes says the report represents "incontrovertible proof" that Canada should have stopped transfers right away and that continuing the practice means Ottawa has violated international law.

THE CANADIAN PRESS

News in brief

PAY EQUITY Liberal Leader Michael Ignatieff says equal pay for work of equal value is a basic human right that should never be put up for grabs at the collective bargaining table. To that end, he has introduced a private member's bill on the issue. THE CANADIAN PRESS

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SCANLIFE

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New ambassador to U.S. Doer headed to Copenhagen talks

CLIMATE Canada's man in Washington is going to Copenhagen.

The Harper government will dispatch Ambassador Gary Doer to climate talks in the Danish capital, The Canadian Press has learned.

Sources confirm Canada's newly minted ambassador to the United States will be part of a 16-member group of "eminent expert advisers." The group is also made up of heads of industry, including the CEOs of Calgary-based companies Atco Ltd. and TransAlta Corp.

Some members of the group apparently met recently in Calgary for a pre-Copenhagen briefing with Environment Minister Jim Prentice.

Prentice's office declined to provide more details on Doer's tabbing for the climate talks, or on the advisory group. A spokesman would only say an announcement on the Copenhagen advisers is expected this weekend.

THE CANADIAN PRESS

Liberals look to restore rural mail service
Federal Liberals are pushing for the restoration of rural mail service cut by the Harper government. Mark Eyking, chair of the Liberal rural caucus, is introducing a private member's bill that would create a rural Canadian postal charter. THE CANADIAN PRESS

News in brief

PLANE CRASH An investigation into a plane crash in Alberta that killed five people concluded a similar crash could happen again. The Transportation Safety Board found that the single-engine Piper aircraft was overloaded, the pilot lacked refresher training and the aircraft's gyroscope failed due to lack of maintenance.
CAMPING The B.C. Court of Appeal has upheld a lower-court ruling that struck down a City of Victoria bylaw that banned camping in city parks by the homeless. A judge ruled last fall that it is unconstitutional to restrict camping in its parks if all shelter beds in the city are full. THE CANADIAN PRESS

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Commons easily passes HST bill

Feds OK combined tax despite NDP stall tactics

Whether the citizens of British Columbia or Ontario like it or not, a harmonized sales tax is most likely headed their way.

The House of Commons voted yesterday in favour of a 13 per cent harmonized sales tax in Ontario and 12 per cent in B.C.

The NDP was the only major political party to oppose the bill that was easily passed by over 200 votes.

The Senate will now deal with the federal HST bill, which combines the GST with provincial sales tax and transfers money to the two provinces for making the change.

New Democrat MPs did their best to delay the inevitable, using tactics such as standing up slowly when called to vote on an earlier motion.

"We think it's the wrong tax, it's a hardship that will be put on the backs of millions of Canadians ."
NDP Leader Jack Layton

"We think it's the wrong tax, it's a hardship that will be put on the backs of millions of Canadians," NDP Leader Jack Layton told reporters.

"It's never anything that Mr. Harper said he would do in an election ... His attempt to avoid the debate by either being out of the country or blaming the provinces isn't going to wash with the Canadian taxpayer who's going to be hit with this tax."

Ironically, it was Harper's provincial cousins, the Progressive Conservatives, who fought the tax in Ontario.

Harmonization will result in taxation of items that previously didn't carry provincial taxes, such as haircuts and Canadian air travel.

The provinces and Ottawa argue that the change will save business millions in taxes as the government bundles in administrative costs, a positive measure for the economy. The federal legislation transfers funds to the provinces in exchange for doing away with its administration of the GST. First Nations have voiced their dissent, since their exemption from provincial taxation will disappear. THE CANADIAN PRESS

Montreal Run reaches '76 Games

PAUL CHIASSON/THE CANADIAN PRESS

Bringing the past and future of Canada's Olympic Games together, Olympic torchbearer and short-track speedskater Jean-Francois Monette stands in front of Montreal's Olympic Stadium — the site of the 1976 Summer Olympics — during the Olympic torch relay yesterday in Montreal.

Lindhout safely back in Canada

KIDNAPPED A spokeswoman for a freelance journalist who was held captive in Somalia for 15 months says she has returned to Canada.

Sarah Geddes says Amanda Lindhout and her family are back safely in Alberta.

She says the family has requested privacy until Lindhout is ready to tell her story.

Lindhout and Australian photographer Nigel Brennan were kidnapped by armed gunmen near Mogadishu in August 2008 while working on a story about displaced people.

Brennan has also returned home and told reporters that in hindsight the Somalia trip may have been a risk he shouldn't have taken. THE CANADIAN PRESS

Cousin charged in teen's murder

CRIME The mother of a 16-year-old girl whose death and disappearance gripped residents of a small northern New Brunswick community says she feels a small measure of justice after the victim's cousin was charged with murder.

RCMP charged Curtis Bonnell with first-degree murder after a massive investigation into the death of his cousin, Hilary Bonnell.

"It's a little bit of justice for my little girl," Hilary's mother, Pamela Fillier, said yesterday. "(But) it's not over. It's far from over."

The body of Hilary Bonnell of Esgenoopetitj First Nation was found last month buried in a remote wooded area that's part of a former military training area.

She had been missing since Sept. 5 after attending a house party the night before on the reserve of 1,100, setting off an extensive search. THE CANADIAN PRESS

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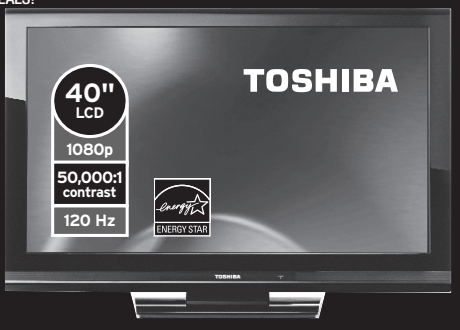

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Bombing can't break dog-owner bond

The owner of a dog that miraculously survived a massive bombing in Baghdad returned to his collapsed home yesterday to be reunited with his pet, stunning neighbours who thought he was dead. THE ASSOCIATED PRESS

World

Captured Aussie was focusing on plight

An Australian photojournalist released after being held hostage for 15 months in Somalia said yesterday he was trying to highlight the plight of those less fortunate when he was kidnapped. Nigel Brennan , left, and Canadian journalist Amanda Lindhout were kidnapped by gunmen on Aug. 23, 2008. They were released Nov. 25 after a reported $700,000 US ransom was paid, some of it by Australian entrepreneur Dick Smith. THE ASSOCIATED PRESS

Trying to bridge gap

Satisfying both rich, poor nations not easy, says U.S. envoy

The United States for the first time outlined a dual path yesterday toward cutting greenhouse gases that would involve both the Obama administration and Congress.

Speaking at the United Nations climate conference in Copenhagen, Environmental Protection Agency Administrator Lisa Jackson described the EPA's decision that greenhouse gases should be regulated as complementary to U.S. legislation — not an effort to supplant the work of Congress.

"This is not an either/or moment. This is a both/and moment," she told more than 100 people who packed a U.S. meeting room in the conference centre.

Negotiators at the 192-country conference are also working to bridge the chasm between rich and poor countries over how to share the burden of fighting climate change.

Getting an agreement that satisfies both rich and poor nations would not be easy, said Todd Stern, the top U.S. climate envoy. "But I think an agreement is there to be had if we do this right," he added.

Go Green

"Ten billion will not buy developing countries' citizens enough coffins."
Lumumba Di-Aping

Lumumba Di-Aping of Sudan, the head of the 135-member bloc of developing countries, said the $10 billion a year that has been proposed to help poor nations fight climate change paled in comparison to the more than $1 trillion already spent to rescue financial institutions.

"If this is the greatest risk that humanity faces, then how do you explain $10 billion?" he said. "Ten billion will not buy developing countries' citizens enough coffins." THE ASSOCIATED PRESS

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Scan this barcode to watch exclusive video reports from Copenhagen, or watch at metronews.ca/world

England **Muzzled voices**

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

A choir of activists perform a concert highlighting the lack of education opportunities for girls in the developing world, in London yesterday. Only male members of the band were allowed to sing, while girls fell silent with gags across their mouths.

News in brief

WEB Facebook has rolled out promised changes to beef up privacy controls, allowing users to decide exactly who sees status updates, pictures and other content. The changes follow updates to Facebook's privacy policy, which were partly based on recommendations by Canada's privacy commissioner Jennifer Stoddart.

PENNSYLVANIA A woman who drank herself unconscious celebrating her 20th birthday says a hospital didn't properly treat her, resulting in partial amputations of both legs. Shanna Hiles has filed a malpractice suit against Uniontown Hospital. METRO NEWS SERVICES

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Club fire death toll hits 125

Members of a regional government in Russia overseeing a town hit by a deadly nightclub blaze resigned yesterday as the death toll from the fire rose to 125. THE ASSOCIATED PRESS

Gatorade pulled Tiger's drink just before scandal

Gatorade is discontinuing its Tiger Woods drink but says it made the decision before the golfer's car accident led to a media firestorm surrounding his personal life.

The decision to drop the drink, called Tiger Focus, was first reported by trade publication Beverage Digest in an issue dated Nov. 25, two days before the incident at Woods' home in Florida.

The publication's editor, John Sicher, said he learned of the decision the week of Nov. 9. The brand — a unit of PepsiCo Inc. — says the decision does not have to do with recent events.

The drink debuted in March 2008. Beverage Digest estimates it represents less than five per cent of Gatorade's volume.

Sales volume of Tiger Focus was down 34 per cent this year through October.

Meanwhile, Woods has vanished from prime-time TV advertising since the scandal. Data from Nielsen Co. shows there have been no advertisements in prime-time featuring Woods since Nov. 29.

The research firm said the last prime-time ad to appear featuring the golfer was a 30-second ad that day for the Gillette Co. That commercial aired eight times during November, spokesman Aaron Lewis said.

There have been no other commercials since then on all broadcast networks and 19 cable networks during the evening news, prime-time, late-night and during weekend sports, he said.

THE ASSOCIATED PRESS

No more medal?

- A California congressman says he won't continue his push to honour Tiger Woods with a Congressional Gold Medal. Democratic Rep. Joe Baca introduced legislation in March that called for the golfer to be recognized for promoting good sportsmanship and breaking down barriers in golf. Baca says that "in light of the recent developments surrounding Tiger Woods and his family," he won't pursue legislation this session to give him the award.

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Rural children caught in middle

INDIA Indian children are increasingly caught in the middle of fighting between the government and communist rebels in impoverished rural areas, with at least 42 schools attacked in the past year, a human rights group said yesterday.

The rebels, who say they are inspired by Chinese revolutionary leader Mao Zedong, have been fighting for more than four decades in several states in central India, demanding land and jobs for agricultural labourers and the poor.

But a spate of recent attacks has raised concern they are lashing out ahead of a planned government offensive aimed at routing them from their forest strongholds.

THE ASSOCIATED PRESS

Settlers protest construction freeze

JERUSALEM About 10,000 Jewish settlers and backers staged a protest in downtown Jerusalem last night in what they said would be the largest show of resistance to the government's freeze on new housing construction in the West Bank.

The protesters gathered outside the residence of Prime Minister Benjamin Netanyahu.

The relatively large turnout on a rainy night reflected support for increasingly fierce settler resistance to the government building ban. Settlers held signs and banners that read, "We will continue to build" and "Stop Iran's nukes, not our homes." THE ASSOCIATED PRESS

China moves to curb housing speculation
China will impose a sales tax on homes sold within five years of purchase, after home prices rose at the fastest pace in more than a year. METRO NEWS SERVICES

world 13

Protesters in Oslo prepare for Obama

Although he doesn't show up at the Copenhagen climate talks until next week, U.S. President Barack Obama won't be far from climate issues when he lands in Oslo today to collect his contentious Nobel Peace Prize.

Greenpeace activists said they had laid out the message "Obama: Our climate, your decision" in enormous cloth letters covering an area 500 feet by 170 feet in a field next to Oslo's Gardermoen airport.

"This is our message and we want to send it most importantly to the president himself," Greenpeace spokeswoman Bente Myhre Haast said, adding that she hopes it will be visible from Obama's flight path.

On the sidewalks near Oslo's lavish Grand Hotel, where Obama will stay, activists sprayed similar slogans on the pavement — from "You won it, now earn it" to "Change the politics, save the climate."

The Norwegian committee that awards the prize said it chose Obama for bringing the U.S. into the fight against global warming and for supporting multilateral diplomacy.

THE ASSOCIATED PRESS

Disputed prize

- Greenpeace and other environmental groups dispute the award, saying Obama hasn't done enough to combat climate change.

Iran claims UN nuclear station a spying post

WEAPONS Iran claimed yesterday that a newly built UN station to detect nuclear explosions was set up near its border so that world powers could spy on the country, an accusation that underscored the growing bitterness in Tehran's relations with the West.

Construction was completed last week on the seismic monitoring station in neighbouring Turkmenistan, a few miles from the Iranian border.

It is one of roughly 275 such facilities operating around the world to detect seismic activity set off by blasts from nuclear tests — such as ones in recent years by North Korea.

Iran protested the facility even though it asserts it is not trying to produce nuclear arms.

Tehran has been resisting heavy pressure in recent months to sign on to a UN-backed plan aimed at thwarting any attempt to build atomic weapons.

Abolfazl Zohrehvand, an adviser to Iranian nuclear negotiator Saeed Jalili, said the international treaty that allows for setting up such observatories is an "espionage treaty."

THE ASSOCIATED PRESS

Station

- The decision to build the seismic station in Turkmenistan was made between 1994 and 1996, with Iranian involvement, at a time when Akbar Hashemi Rafsanjani, a relative pragmatist, was president of Iran.

News in brief

MURDER TRIAL A registered sex offender charged with killing 11 women and hiding their remains in and around his Cleveland home has agreed to let police fence off the house with barbed wire to preserve evidence. The prosecution has not ruled out a visit by a trial jury to the home. Anthony Sowell, 50, appeared in court yesterday with a new legal team that will defend him on aggravated murder charges. If convicted, he could face the death penalty. Last week, he pleaded not guilty by reason of insanity. THE ASSOCIATED PRESS

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Comment

The persistence of pornography

Relating

I feel I owe an apology to Simon Louis Lajeunesse on behalf of my (and his) gender.

The Université de Montréal researcher, studying the effects of pornography on its male viewers, looked for a control group of guys who had never been exposed to it.

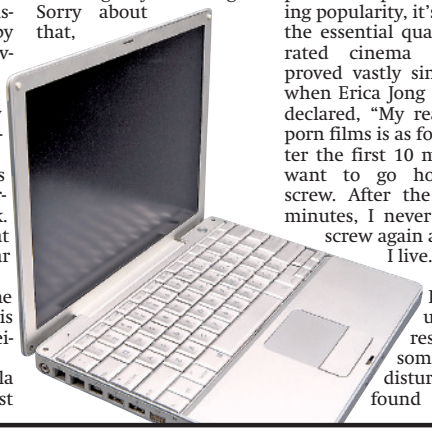
He could find none.

"Guys who do not watch pornography do not exist," he told the Montreal Gazette.

It's encouraging that Lajeunesse found no evidence of ill effects often ascribed to pornography by its critics, because whatever dirty movies do to us, they seem to be doing it to pretty much every man and no small number of women.

The study's subjects said they watched an average of 40 minutes a week. I hasten to mention that your particular boyfriend/husband/whatever is telling you the truth if he never sullies his eyes with such filth. Neither do I. Swear.

But your virtuous fella and I are obviously just about the only ones — complete statistical freaks. The rest of dudedom stands guilty as charged. Sorry about that,



Prof. Lajeunesse.

We cannot deny your findings, and we are not proud. Despite its enduring popularity, it's not as if the essential quality of X-rated cinema has improved vastly since 1975, when Erica Jong famously declared, "My reaction to porn films is as follows: After the first 10 minutes, I want to go home and screw. After the first 20 minutes, I never want to screw again as long as I live."

While Lajeunesse's research somewhat disturbingly found that a guy's first exposure to so-called adult entertainment occurred, on average, at age 10, he also saw no evidence of any effect on their relationships, or ability to separate fantasy from reality.

(This separation of fact and fiction, like so many things, seemingly does not apply to embattled golfer Tiger Woods, whose growing roster of "transgressions" allegedly includes porn star Joslyn James, a.k.a. Veronica Siwik-Daniels.)

According to Lajeunesse's data, 90 per cent of the porn consumed by his interviewees came from — and this too may shock you — the Internet.

A very smart woman of my intimate acquaintance expresses wonder that men get anything done all day with all that porn just sitting there at the other end of every keyboard.

This modern smut delivery system has its drawbacks, as a friend of mine discovered when he tried to explain to his wife why their computer had been laid low by viruses. He received emergency technical assistance from a computer-savvy buddy, and a little advice about safer surfing, but repairing things on the home front remained his problem.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Gun control law more than a symbol

SpeakingOut

This past weekend, groups across the country commemorated the 20th anniversary of the Montreal massacre. Families of the victims mourned their loss and recommitted to defending Canada's gun control law, which they called a monument to the memory of the victims.

Twenty years ago, a man walked into l'Ecole Polytechnique, separated the men from the women and screaming, "You are all a bunch of feminists," killed 14 young women and injured 13 others. His semi-automatic rifle — the Ruger Mini 14 — will soon be easier to get, thanks to Stephen Harper and other federal politicians.

On Nov. 4, the House of Commons passed private member's Bill C-391, a bill that will eliminate the need to register rifles and shotguns. Nervous opposition politicians spooked by a well-financed American-style campaign targeting specific MPs backed the Conservatives over the objections of virtually every public safety organization in the country.

In spite of the focus on handguns and urban violence, rifles and shotguns are a substantial proportion of the guns recovered in crime in this country.

Registration ensures licensed gun owners are held accountable for their firearms. If gun owners are licensed but guns not registered, there is no way to prevent legal gun owners from selling or giving guns to unlicensed and potentially dangerous people.

Opponents of gun control complain about the cost. But seven million guns have been registered. The money has been spent. The only guns that need to be registered going forward are new guns or those being traded. The costs — $3 million a year — pale in comparison to the costs of gun injury and death.

The law is much more than a symbol. Three hundred fewer people die from gunshots now compared to 1995, when the law passed. Our problem is not just the vocal and well-financed gun lobby. We can only hope that those who wore white ribbons to mark the memory of the women who died Dec. 6, 1989, will now take action.

Wendy Cukier is the president of the Coalition for Gun Control.

MICHAEL DE ADDER

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AOL could be in trouble for years: Analysts
AOL Inc. may report declining profit for years after its spinoff today from Time Warner Inc., said analysts at Barclays Capital Inc. and RBC Capital Markets. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Shoppers play chicken

Survey finds many expecting retailers to cut prices further

The annual game of chicken has begun in earnest.

Consumers are waiting to see how long retailers can hold out before slashing prices even further as Christmas looms.

With just 15 days left to shop, half of Canadians are only halfway through their holiday lists, a survey by Maritz Research Canada shows.

That's a higher number of people who are delaying their purchases than last year, said managing director Rob Daniel.

And unless you have your heart set on a limited edition item, it will be worth the wait, other industry experts said.

"There's going to be a little game of chicken with the consumer," said Willy Kruh, national partner with KPMG. "Consumers already saw prices being discounted early in the game, more than normal. So they're going to wait."

TONY BOCK/TORSTAR NEWS SERVICE FILE PHOTO

Wal-Mart is the top holiday shopping destination for Canadians, followed by Zellers and Canadian Tire, a survey found.

Shoppers are planning to spend $570 on gifts on average, the same amount as last year, and they're again favouring stores that advertise low prices, the survey found.

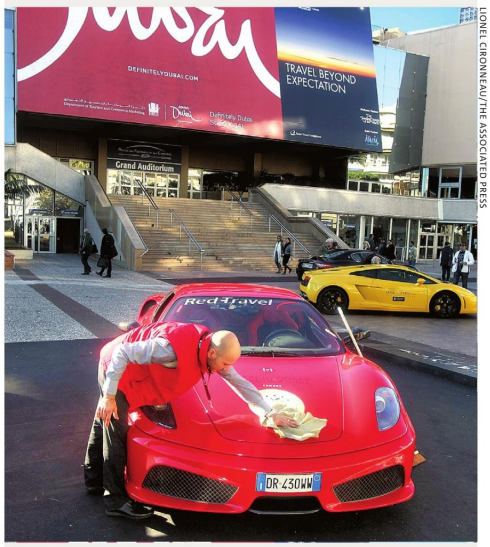
Wal-Mart Canada is the top holiday shopping destination for the third year in a row with 65 per cent of consumers indicating they plan to shop there, followed by Zellers and Canadian Tire, who tied at 43 per cent each, the survey found.

Canadians rank sales and discounts, level of customer service, availability of staff and hours of operation as the top four most important factors, the survey found.

Clothing is the top item on gift giver's lists, followed by entertainment products and gift certificates.

However, when asked what they would like to receive, the top pick was gift certificates, the survey found. TORSTAR NEWS SERVICE

Cannes Here's a car with polish



LIONEL CHRONNEAU/THE ASSOCIATED PRESS

A man polishes a Ferrari at the International Luxury Travel Market exhibition in front of the Cannes Festival palace, in Cannes, France, yesterday. The ILTM 2009 is an annual business-to-business event for the global luxury travel community.

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SCANLIFE
Rogers and Bell set to take network advertising battle to court. Scan this barcode for the full story.

These vehicles are a real steal for auto thieves

AUTO The Honda Civic has again wheeled into the top spot on a list of most frequently stolen vehicles.

But the number of high-end models being snatched is a sign of growing appetite among auto thieves for luxury rides, says the Insurance Bureau of Canada.

Rick Dubin, the bureau's vice-president of investigations, says they've seen the two-door, 2000 Civic SiR atop the list before. The 1999 model of the vehicle came in third this year.

"There's lots of them on the road, probably a demand for parts," he said of the vehicle.

"Also they can be modified — which we've seen — so they've been souped up."

But Dubin said the real concern on the list relates to the proliferation of luxury vehicles.

The 2006 Hummer H2 four-door and four different four-door makes of the Cadillac Escalade are in the top 10. THE CANADIAN PRESS

In brief

TABLET Apple Inc. is preparing to launch a tablet personal computer in late March or April, with partners poised to roll out as many as one million units per month, says an Oppenheimer research note. The tablet is expected to pitch Apple into the digital book market. METRO NEWS SERVICES

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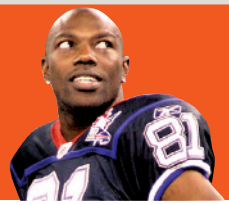
Rangers trade Millwood
The Texas Rangers traded pitcher Kevin Millwood to the Baltimore Orioles for reliever Chris Ray and a player to be named. THE ASSOCIATED PRESS

Sports



Owens signs modelling deal

The catwalk might never be the same now that Terrell Owens, left, has signed a deal with a modelling agency. Having already launched a reality TV show and promoted his own breakfast cereal, the Buffalo Bills receiver is ready to try fashion after signing a deal with Wilhelmina Models this week. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Olympic hopes fade

Losses leave former favourite Jones unlikely to make cut

Jennifer Jones' Olympic dreams might well be over.

Jones, the defending national women's champion, came to the Olympic curling trials in Edmonton as a heavy favourite to represent Canada at the 2010 Winter Games.

From program guides handed out to Rexall Place visitors, to television trailers surrounding the arena, Jones' likeness has been splashed everywhere, with her win at the trials seemingly a foregone conclusion for many.

But for the third time in five round-robin matches, Jones was on the losing end yesterday, dropping a 6-4 decision to Saskatoon's Stefanie Lawton.

Jones' 2-3 record puts her in a tie for fifth place heading into yesterday's evening draw.

Three teams are tied for second place.

Speaking with reporters after the loss, the Winnipeg curler said yesterday morning's result was a true disappointment.

"I think we'll need some help but stranger things have happened," she said, leaving open the slim possibility the stars will align in such a manner that her rink makes the playoffs.

Eight women's teams began play in the tournament, dubbed the Tim Hortons Roar of the Rings Curling Trials, presented by Monsanto, on Sunday. The first-place team at the end of the round robin will advance directly to the final match, while the second- and third-place teams will meet in the semifinal.

The tournament champion will represent Canada at the 2010 Olympics.

Making matters even worse for Jones is the fact that her final two round-robin matches will be against Calgary's Cheryl Bernard, who has yet to lose at the curling trials, and Shannon Kleibrink, who won the bronze medal at the 2006 Winter Games.

"At the end of the day we'll have no regrets," Jones said.

"Hopefully it turns our way and if it doesn't it was just not meant to be."

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Skip Jennifer Jones looks on yesterday while playing against Team Lawton during the Canadian Olympic curling trials in Edmonton. Lawton defeated Jones 6-4.

Howard still unbeaten

- A draw to the four foot in an extra end kept Glenn Howard's perfect record intact at the Canadian Olympic curling trials yesterday. Edmonton's Kevin Koe scored two points in the 10th end to tie the game but Howard, from Coldwater, Ont., made it look easy in the 11th for a 7-6 win.

Magazine's Woods cover comes at awkward time

CONTROVERSY It's like missing a three-foot putt on the 72nd hole with a one-shot lead.

The timing couldn't be worse.

Golf Digest, the premier magazine about the game, features a photo illustration of Tiger Woods and U.S. President Barack Obama on the cover of the January issue.

The magazine, which began landing in subscribers' mailboxes earlier this week, was printed in mid-November, well before the world's best player crashed his Cadillac Escalade outside his Florida mansion, touching off a sex scandal involving a long list of alleged infidelities.

"We're a monthly magazine with monthly deadlines," spokesperson Bret Hopman responded in an email yesterday. "The January issue went to press almost two weeks before Tiger's accident."

While it's certainly a case of bad timing for Golf Digest, the same might also be said for the PGA Tour.

Already reeling from the impact of an economic slump that was particularly tough on the auto industry, which had thrown its money behind a host of tournaments, the pro tour can ill afford to have its most marketable player falling out of favour with fans and sponsors.

TORSTAR NEWS SERVICE

Montreal could join MLS next year: Impact owner

MLS A Major League Soccer franchise could be granted to Montreal early next year, Montreal Impact owner Joey Saputo said yesterday.

"It's clear for us, and now more than ever, that the arrival of MLS in Montreal is only a question of time," Saputo said in a release. "We are hoping to have news in the first quarter of 2010."

Saputo met with MLS commissioner Don Garber and league president Mark Abbott on Tuesday night. The three men then had a meeting yesterday with Quebec Finance Minister Raymond Bachand and Montreal Mayor Gerald Tremblay. "We look forward to continuing our discussions," Garber said in a release. THE CANADIAN PRESS

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Three-way trade completed
The New York Yankees, Detroit Tigers and Arizona Diamondbacks have completed their trade that puts all-star centre-fielder Curtis Granderson in pinstripes. The deal became official yesterday, a day after the teams reached a tentative agreement. The clubs wanted to check medical records before finalizing it. THE ASSOCIATED PRESS

Olympiakos advances

Barcelona, Inter Milan, Stuttgart and Olympiakos advanced in the Champions League yesterday to complete the lineup for the next round.

Defending champion Barcelona needed an 86th-minute free kick by Lionel Messi to win 2-1 at Dynamo Kiev and edge Inter for first place in Group F.

Inter beat Russia's Rubin Kazan 2-0 to advance, while Stuttgart took second place in Group G with a 3-1 win over Unirea Urziceni.

Olympiakos beat already qualified Arsenal 1-0 to finish second to the Gunners in Group H.

RICHARD HEATHCOTE/GETTY IMAGES

Olympiakos players celebrate victory yesterday at the final whistle during the UEFA Champions League Group H match against Arsenal in Athens, Greece. Olympiakos beat Arsenal 1-0.

Barcelona needed only to avoid a large defeat to advance and that looked possible when Artem Milevskiy scored an early goal for Dynamo, but Xavi Hernandez equalized in the 33rd after sustained pressure and European player of the year Messi made sure Barcelona qualified in first place ahead of Inter with his curling free kick.

Samuel Eto'o and Mario Balotelli scored on either side of halftime to give Inter Milan a 2-0 win over Rubin Kazan.

Inter finished second in Group F with nine points, two behind Barcelona, leaving Rubin Kazan to drop into the Europa League as the third-place finisher.

THE ASSOCIATED PRESS

Pettitte staves off retirement, signs one-year deal with Yanks

BASEBALL Andy Pettitte asked himself all the important questions: Was he ready to prepare for another long year? Could he top last season? Was his family on board?

Andy Pettitte

And then he decided — rather quickly, too — he indeed wanted to pitch again for the New York Yankees. "I didn't want to regret not playing," he said.

Pettitte and the World Series champions agreed yesterday on a $11.75-million US, one-year contract.

The deal represents a raise for the 37-year-old left-hander, who made $10.5 million last season and helped the Yankees win their 27th World Series title.

"I wanted to get this decision made," he said on a conference call. "It's nice to get it wrapped up."

Pettitte was 14-8 with a 4.16 ERA in 32 regular-season starts, and 4-0 with a 3.52 ERA in five post-season starts.

THE ASSOCIATED PRESS

And the gold medal goes to ... Nobody

OLYMPICS It's time to rewrite the Olympic record books — there was no gold-medal winner in the women's 100 metres at the 2000 Sydney Games.

The International Olympic Committee yesterday reallocated two individual medals stripped from Marion Jones for doping, but in an unprecedented move withheld her 100-metre prize from Greek sprinter Katerina Thanou because of her "disgraceful" behaviour in evading drug tests at the 2004 Athens Olympics.

The decision means the first two runners across the line in Sydney have both been denied the winner's medal for doping violations, and the gold in sprinting's marquee event will remain without an owner — believed to be a first in the 113-year history of the modern Olympics.

Marion Jones

"We are not legally bound to give medals. This is a case of taking no action."
IOC spokesman Mark Adams

"The IOC feels we have a strong moral and a good legal case for that," spokesman Mark Adams said. "We are not legally bound to give medals. This is a case of taking no action. We have decided not to give her (Thanou) an honour that we don't think she deserves."

THE ASSOCIATED PRESS

Sports in brief

FIBA The road to the 2012 London Olympics for the men's national basketball team could go through Canada. Canada Basketball is one of five countries bidding for the 2011 FIBA Americas tournament, the qualifier for the London Games. Mexico, Brazil, Argentina and Puerto Rico are also in the bidding.

COURT Dismissing complaints from some members that Congress had more pressing matters, a House subcommittee approved legislation yesterday aimed at forcing college football to switch to a playoff system to determine its national champion. The legislation would ban the promotion of a post-season NCAA Division I Football Bowl Subdivision game as a national championship unless it results from a playoff.

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This Striped Stocking Hat for kids features Miga embroidered on the front, a pom pom and a woven patch with the Vancouver 2010 emblem. For more details or to order online, go to elevatesport.ca. METRO NEWS SERVICES

HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

A Blu-Ray Christmas

From players to what to watch, Metro has you covered

RAFAEL BRUSILOW
for Metro Canada

The Panasonic DMP-BD60 Blu-Ray player, below left, and the Panasonic SC-BTX70 Blu-Ray Cinema home theatre, right.

Nothing completes the perfect holiday break like sitting inside your warm living room with the family and watching your favourite movies and videos.

As the snow (hopefully!) falls during your Christmas break, here are a few options to help you get the most out of your viewing experience:

Toshiba BDX2000 Blu-Ray player
$249

Toshiba's first Blu-Ray disc player is a clean, uncluttered design that provides full 1080p Blu-Ray playback, upconversion for regular DVDs so you don't need to dump your large DVD library, and Blu-Ray specific goodies like BonusView (which lets you run things like director's commentaries in a picture-in-picture box while you watch) and BD-Live, which lets you use an Internet connection to download short features and trailers or play online games. Best of all, the price is solid.

Panasonic DMP-BD60 Blu-Ray player
$299

Another solid player at a good price point, Panasonic's value entry into the Blu-Ray player market does all the requisite 1080p/upconversion/BonusView and BD-Live stuff, but it also adds Viera Link and Viera Cast, which allow linking to PVR-type devices for recording your programs and streaming Internet goodies like YouTube directly to your TV. The player also has built-in reduced power-consumption features like auto power stand-by and is Energy Star qualified.

LG BD390C Blu-Ray player
$429.99

A bit pricier but well worth the cost if you like streaming stuff like YouTube movies onto your TV without needing your computer, LG's upper-scale Blu-Ray player is a very popular system that kicks a lot of butt. Of course it has 1080p Blu-Ray playback and upconverting for DVDs, high-definition video and sound with Dolby TrueHD and Dolby Digital, but it also features an external playback connection for external hard drives, 1 gigabyte of internal memory for recording onto BD-Live without needing an external memory card, and quick-booting and loading in under 20 seconds. The player's integrated Wi-Fi capabilities let you connect your TV to an Internet connection for easy streaming of online video and pictures as well.

Panasonic SC-BTX70 Blu-Ray Cinema home theatre
$1,299.99

If you want to go whole hog and really upgrade your entire home theatre setup, you would be hard-pressed to find a more complete player-plus-sound-system option for the price than Panasonic's SC-BTX70 Blu-Ray kit. With 375 watts of audio output, built-in Dolby TrueHD and Digital Plus high-clarity sound, whisper mode surround sound and a Dolby Virtual Speaker, this thing really kills on the sound side. It also has 1080p playback for Blu-Ray with ultra-upconverting for DVDs in the form of PHD, which processes each pixel individually, giving it all the necessary video power to make your TV a real centrepiece of your entertainment plans. Best of all, the system includes a universal iPod dock and SD card slot, making it even easier to watch what those digital movies you're already carrying around with you. Big sound and powerful visuals from a surprisingly compact package; if you've got the cash to spare, you won't be disappointed.

What to watch

Duplicity
$46.99 on Blu-Ray

Featuring stellar performances from Clive Owen and Julia Roberts, Duplicity is a fun, flirty spy flick that may not be the greatest Oscar contender of the year, but is still a great view. Take bets mid-movie on who's playing who and let the winner drink all the leftover eggnog.

Public Enemies
$41.99 on Blu-Ray

Another strong Johnny Depp vehicle, the film is a surprisingly poignant Depression-era gangster romp that has great action and captures the look and feel of the 1930s well. If you love Johnny — and who doesn't? — give it a go.

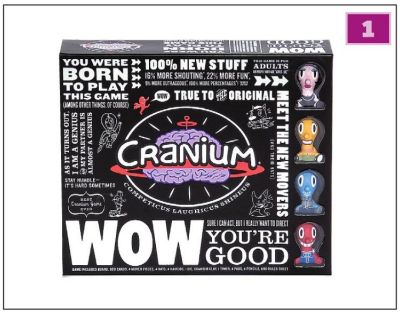
Battlestar Galactica Complete Series
$172.50 on DVD, $379.99 on Blu-Ray

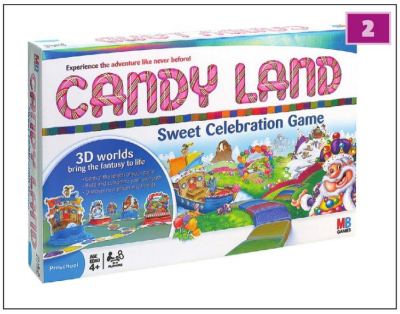
An amazing show that garnered mainstream and true sci-fi viewers alike, Battlestar Galactica is a keeper and this ultimate 25-disc box set is the mother of all boxed sets. Presented in Dolby Digital 5.1 Surround Sound and presented in its own snazzy display box, the set is a whole load of sci-fi awesomeness.

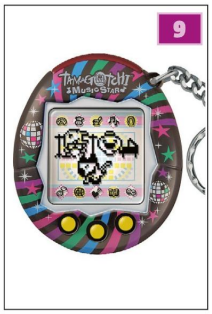
Stocking stuffer
Keep them warm with these children's pom-pom slippers, $6, by Joe Fresh Style. For more, go to joe.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Fun and games







1 **Cranium Wow,** $29.99. Available at all major retailers, including Walmart, Toys R Us and Zellers.

2 **Candy Land: Sweet Celebration,** $24.99, for ages four and up. Available at mass merchandise retailers.

3 **Martian Matter Alien Maker,** $24.99, lets you to build more than 90 different alien combinations; hasbro.com.

4 **Easy-Bake Oven & Snack Centre,** $34.99, and **Easy-Bake Decorating Sensation Frosting Pen,** $19.99; hasbro.com.

5 **CLUE: Secrets & Spies edition,** $29.99, features optional text messaging. For more, go to hasbro.com.

6 **Operation,** $19.99, at all major retailers, including Walmart, Toys R Us and Zellers. For more, go to hasbro.com.

7 **Beatles Trivial Pursuit,** $39.95 at Indigo and Chapters stores. For more, go to chapters.indigo.ca.

8 **The Game of Life: Extreme Reality,** $29.99. Available at all major retailers, including Walmart, Toys R Us and Zellers.

9 **Tamagotchi disco lights,** $16.99. Available at Walmart, Toys R Us, Zellers and Loblaws. Go to bandai.com for more.

10 **Portable toy detective set,** $16.99 at Winners. For more, call 1-877-946-6877 or visit winners.ca.

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Holiday Shopping Guide

Gifts for the film buff

This G.I. Joe A Real American Hero: Complete Collectors Set comes in a toolbox with a lot of extras, including a G.I. dog tag flash drive.

PETER HOWELL
for Metro Canada

DVDs were designed to make the home movie-watching experience more convenient, by miniaturizing the film and the packaging.

But at this time of the year, they go in the opposite direction, losing all sense of proportion in the quest to separate movie lovers from their money.

Studios and distributors roll out the big boxes of films and artists they deem most gift-worthy, and there's no limit to their size or imagination.

Here's a selection of some of the more interesting sets, with suggestions as to whom might most like to find them under the Christmas tree.

Prices quoted may vary, so shop around for sales.

For the true film aficionado

AK 100: 25 Films by Akira Kurosawa, $364

There's almost no part of arthouse or mainstream moviegoing that Japan's Akira Kurosawa hasn't influenced: The Hidden Fortress became George Lucas' template for Star Wars; Seven Samurai started as a western tribute and turned into a much-copied icon; and Rashomon changed narrative cinema forever with its multiple-viewer approach to a crime story. Kurosawa is considered by many critics to be the greatest director who ever lived, and this magnificent Criterion set celebrates what would have been his 100th birthday. It features 25 of the films he made over his 50-year career (including four previously unavailable on DVD) plus a hardcover book of photos, descriptions and commentaries.

For the romantic & the restless

Gone With the Wind: Ultimate Collector's Edition Blu-Ray, $62

Franky, my dear, if you're a fan of this Civil War love saga, 70 years old this year, you probably already own at least one copy on VHS or DVD. But if you're looking to get into Blu-Ray, here's your reason. The restored print is pristine, and comes with a host of extras, including recreations of theatre posters and pamphlets, and a wealth of historical info on the making of this undisputed classic.

For the gritty realist

Samuel Fuller Film Collection, $68

Under-appreciated in his lifetime, yet gaining belated kudos thanks to Quentin Tarantino, Martin Scorsese and other admirers, Samuel Fuller approached everything from drama to comedy at full-bore and without fear.

This set collects seven films the former crime reporter directed or wrote for Columbia Pictures, including Shockproof and Underworld U.S.A.

For gung-ho regular joes

G.I. Joe A Real American Hero: Complete Collectors Set, $126

If you didn't get enough Joe from last summer's live-action movie adaptation, reload with this complete set of the cartoon series that started it all. Comes in a toolbox with a boatload of extras, including a G.I. dog tag flash drive.

For the light-hearted & the clumsy

National Lampoon's Christmas Vacation 20th Anniversary Collector's Edition, $42

If you're going to make a fool of yourself at Christmas, you might as well do it in style. This comedy favourite, featuring Chevy Chase's popular doofus Clark Griswold as a Yule Fool, celebrates its 20th anniversary with a Blu-Ray upgrade in a metal-can gift set that includes instant snow powder and drink coasters.

For the feel-good fanatic

Forrest Gump: 15th Anniversary Chocolate Box Gift Set, $27

Life is like a box of chocolates and so is this bizarre gift set, which bundles the inspirational Tom Hanks starrer and Oscar winner inside a cavity-free candy container — would you believe the chocs are just scratch-and-sniff cardboard? But the set is loaded with featurettes and other extras that will make fans want to run with Forrest.

For the wild & not-so-innocent

Quentin Tarantino Collection, $40

Aw-right! The first six films from America's favourite former video stork clerk, from Reservoir Dogs to Pulp Fiction to Deathproof. Six-disc set come with a photo book and mini Kill Bill plastic samurai sword and stand.

AK 100: 25 Films by Akira Kurosawa includes a hardcover book of photos. The Gone With the Wind: Ultimate Collector's Edition Blu-Ray, above right, includes recreations of theatre posters.

The National Lampoon's Christmas Vacation 20th Anniversary Collector's Edition includes instant snow powder and coasters.

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Holiday Shopping Guide

The 12 spirits of Christmas

PETER ROCKWELL
for Metro Canada

Selecting the perfect liquid for those solids in your life can be a challenge; so here are my choice picks for every one of those beverage lovers in your life:

Best bets under $25

1 Wychwood Brewery Bah Humbug Christmas Ale, $3.45-$3.99*
Ebenezer Scrooge's face peering out from a beer label might scare the Dickens out of some, but this malty English brew will have the ale aficionados on your list drinking merry.

2 Faxe Premium Gift Pack, $9.85-$9.95
If you're going to gift just one beer this year, why not make it a big one? This crisp litre of lager is a food-friendly thirst-quencher that comes with its own mega mug.

3 Freixenet Cordon Rosado Brut, $12.95-$15.99
The bubbly berry goodness of this Spanish rosé will appeal to any wine lover. Perfect with food, it's a match made in brunch, lunch and dinner heaven.

4 Moselland 2008 Ars Vitis Riesling, $9.95-$17.99
Forget what it looks like in the glass, this refreshing, off-dry German white is a knockout while still in the bottle. The winter scene has a limited run; looking as good as the wine tastes.

Best bets under $50

5 Absolut Celebration Vodka, $25.95-$27.49
OK, so vodka can make for a pretty neutral gift. Wrapping it in a cool blue plastic casing (that throws a bit of a disco vibe) is something to celebrate. Absolut switches up the look each year so this one's for the collectors.

6 Sailor Jerry's Spiced Navy Rum, $26.95-$29
What's eggnog's best friend? Why an ounce or two of rum, spiced rum, of course. Sailor Jerry was a tattooist (hence the label) and his spicy spirited namesake takes mixed drinks to the next level.

7 Chambord Liqueur, $36.99-$45.95
When it comes to fruit liqueurs, the ripe black raspberry intensity of Chambord (named for the French Château) can't be beat. It looks fine and tastes even better — especially when a few drops are added to white or sparkling wine.

8 Taylor Fladgate 10 Year Old Tawny Port, $34.95-$39.81
Port is the classic seasonal sipper with this full-figured style made from a blend of vintages no less than a decade old. Roaring fire not included.

Splurges $50+

9 Glenora Distillery Glen Breton Rare Single Malt Canadian Whisky, $74.95-$89.55
Though scotch connoisseurs may pooh-pooh mainstream Canadian whisky, this Nova Scotian is the only single malt version made in North America and upstages its novelty with a great mouthfeel.

10 Patron Silver Tequila, $74.99-$89.99
High-end tequila is as mixable and shootable as the cheaper stuff — it just tastes a lot better. Co-owned by Dan Aykroyd, a bottle of white Patron will bring a smile to the face any spirit (or Ghostbuster) fan.

11 Bollinger Special Cuvée Champagne, $79.95-$82.92
For the 007 buff on your list, nothing will put the sparkle in their glass like a bottle of Bollinger. Rich and sophisticated, the Champagne maker has been Bond's on-screen choice since the days of Pierce Brosnan.

12 Remy Martin Louis XIII Cognac, $1,870-$2,400
There isn't a drop of booze inside this über-premium Backarack Crystal bottle under the age of 50 — making it the dream dram for cognac lovers and pretty good over ice with a splash of Coke.

Peter Rockwell is Metro's wine columnist. Check out his Liquid Assets column on Tuesdays or online at metronews.ca/liquidassets.

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Holiday Shopping Guide

Riding wave of holiday success

When Lori Fowlkes first saw robotic Zhu Zhu Pets toy hamsters in September, she remembers her kids started jumping up and down and saying "Please! Please! Can we buy them?"

Seeing a fully stocked shelf, she decided to hold off until Christmas.

That was "before I knew that the hamsters would soon be off the shelves and more scarce than an H1N1 vaccine," said Fowlkes, 32.

Now she can't find them anywhere.

Zhu Zhu Pets, which retail for about $10, are this year's bona fide must-have toy, following in the footsteps of past crazes for **Tickle Me Elmo** and **Cabbage Patch Kids**. On resale websites like eBay and Craigslist, they fetch $40 or more. Vital accessories such as the hamster car and funhouse are sold separately. By many counts, the toy is an unlikely hit. They're in a field crowded with toy pets. The hamsters, which scurry around, make noises and drive cars, don't always work the way you expect and have a limited range of action.

"Honestly, I don't really get it," said BMO Capital Markets analyst Gerrick Johnson. "But I don't need to get it for a toy to be hot."

They have one big thing going for them in tough economic times: They're cheap, Johnson said

Zhu Zhu Pets retail for about $10 and have quickly become this year's must have Christmas gift. Retailers are scratching their heads at how it happened while parents are getting creative in the hunt.

Zhu Zhu Pets, aimed at three- to 10-year-olds, have rushed in to fill the void. But unlike past "It" toys made by large manufacturers like Mattel's **Tickle Me Elmo** and **Tiger Electronic's Furby**, **Zhu Zhu Pets** are made by tiny Cepia Inc. of St. Louis, with just 16 employees in the U.S. and 30 in China, making their success even more unlikely.

Creation of a craze

Just six years old, Cepia previously worked on an electronic dispensing device for consumer products before turning to toys and its only other product, a line of light-up bears called **Glo-E Bears**.

The company was started by toy industry vet Russ Hornsby, 56.

The success of **Zhu Zhu Pets** wasn't entirely accidental. The company got the word out with a savvy mix of local cable ads and parties thrown by "mommy bloggers."

Hornsby said he was hoping to sell three to four pets per store per week, but was secretly hoping for eight. The result, Hornsby said, was exponentially higher, though he wouldn't say how much.

"The rate was so astonishing everybody had to go back and pinch themselves," Hornsby said. Toys "R" Us pulled all of the test data to make sure it wasn't being manipulated, Hornsby said.

THE ASSOCIATED PRESS

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Holiday Shopping Guide

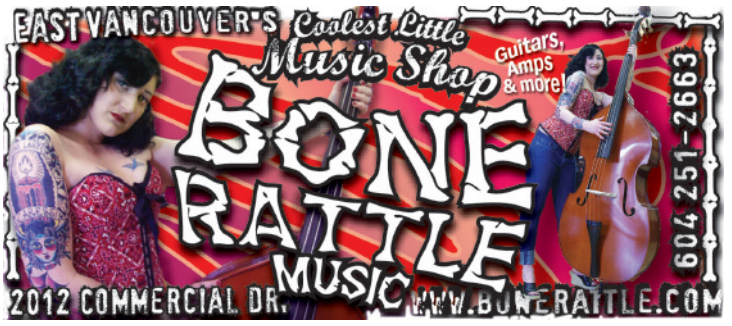
Get wrapped up

Long knitted vest, $37.90 at Dynamite. For more, go to dynamite.ca.

Gratitude wrap, $128, at Lululemon. It's made with french terry light, and has hidden thumbholes to keep sleeves in place. For more, go to lululemon.com.

Multi-stripe wrap cardigan, $45.90 at Dynamite. For more, go to dynamite.ca.

Brooks Vapor Dry 3D for women, $95. For more, go to brooks running.ca.



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Holiday Shopping Guide

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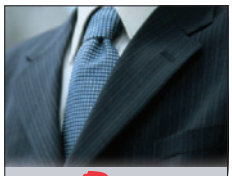
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Holiday Shopping Guide

Light up your Hanukkah

How to make your holiday celebrations fun for everyone

Hanukkah is a joyful holiday that comes with its own rituals, foods, games, songs and stories.

That makes it easy to throw a party, especially since the traditions can be enjoyed by guests of all ages and backgrounds.

Everyone loves yummy latkes and the sight of those beautiful menorah candles lighting up a dark winter night. But the parties are not only a way for Jewish families to share their heritage; they're also a way to connect with friends and neighbours. Here are some ideas for creating the perfect Hanukkah party.

LARRY CROWE/THE ASSOCIATED PRESS

The lighting of menorahs and eating dairy are a tradition on Hanukkah.

Latkes

You can't have Hanukkah without latkes. These are pancakes made from shredded potatoes, onions and eggs, with a little salt and flour mixed in, then fried golden brown and served with applesauce and sour cream. You can buy them frozen and heat them up to ease your burdens as hostess, but making them from scratch is part of the fun.

Hanukkah begins Friday

Other Food

Fried food is traditional for Hanukkah, so try ready-made chicken wings.

Treats

Traditional sweets include jelly doughnuts (called sufganiyot) and chocolate coins covered in metal foil (called gelt). Put a bowl of chocolate gelt on the table, or hand out party bags with a dreidel and some chocolate coins in each.

Dreidels

To play dreidel, small wooden or plastic dreidels are best. You'll also need pennies, 10 for each player and more for a communal pot. If you don't have enough pennies, use dried beans, wrapped chocolate gelt or even poker chips.

Each side of the dreidel bears a different Hebrew letter. The letter facing up when the top stops spinning determines what happens in the game. Make a chart for the rules so everyone can follow.

Crafts, songs and stories

Set up a table for art activities for younger kids. Judaica stores and websites offer all sorts of Hanukkah-themed colouring books, stickers, dreidels to decorate and other projects.

Candles

Menorahs are lit at sundown. Make sure you have enough candles and set the menorahs in a spot where they won't pose a fire danger. Many of your guests won't know how to sing the prayers, but all you need is a few strong voices to lead.

LARRY CROWE/THE ASSOCIATED PRESS

Latkes are a traditional Hanukkah food.

THE ASSOCIATED PRESS

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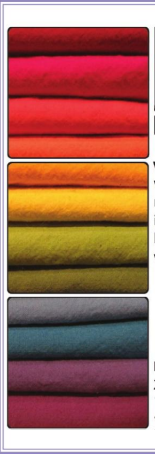
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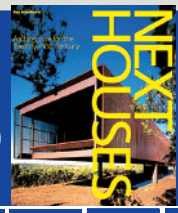

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'Escape from Boringville'

Suite Talk

A new Surrey development is designed as a walkable village that is being marketed as "the solution to suburban sprawl."

Morgan Crossing was planned with coffee shops, courtyards, plazas, outdoor seating and chessboards — all within five minutes of people's homes. Popular shops and services include Thrifty Foods, London Drugs, Best Buy, Winners, and the Steve Nash Sports Club.

Jim Nesbitt, vice-president of Larco Investments said planners intentionally avoided building "row upon row of little boxes."

"Morgan Crossing is a collection of thoughtfully placed buildings, designed to create opportunities to bring people together on their own terms," Nesbitt said. "Instead of partitioning your life into lots of different places that condemn you to drive between them, Morgan Crossing brings the elements of your life together."

Larco is marketing the development as "Escape from Boringville," an exciting place to live in the suburbs.

More info

- Larco Investments Ltd. is also behind The Village at Park Royal.
- For more information, visit noboringville.com.

Move-in date at The Residences at Morgan Crossing is mid-December 2009.

FOR METRO VANCOUVER

It is never too late to 'winterize'

BRIAN COULTON
for Metro Canada

COLD WEATHER Old Man Winter doesn't like your house.

It's not you. It's him. With his combination of freezing temperatures, roaring winds and heaps of snow, how can the guy resist inching his way into every window crack, flooding unprotected nooks, and picking apart a structure so inferior to his climatic wrath?

But don't worry just yet; it's not too late to restore your blizzardy bond. Merv McBride, owner of home improvement chain Handyman Connection says by taking a few, economical steps to winterize your home, you can ward off damage and save money on home heating bills.

"When winterizing your home, you're really thinking about three things: Energy conservation and how to save money, how to preserve air quality and how to avoid any damage to your home," he says.

The greatest instance of damage for homes in locations that experience freeze-thaw cycles — like Southern Ontario and the West Coast — is the formation of ice-dams, says McBride. That's when heat escapes through inadequate insulation in the attic, melting rooftop snow, damaging shingles and even leaking through the roof.

To prevent ice-dams, McBride suggests installing fresh batt or blow-in insulation. While it can get pricey, he says, "It's probably small in comparison to the money you're losing with the heat going through the ceiling, especially if you're in a very cold climate."

As a tip for homeowners across Canada, McBride says checking for, and sealing cracks in windows and doors can reduce escaping heat and utility bills.

For Grade-A air, Merv McBride, owner of home improvement chain Handyman Connection, proposes having your furnace professionally checked each season and ensuring furnace filters are completely clean.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Be a man: Wear a skirt

Runway trend goes mainstream at H&M

HIMANI EDIRIWEERA
for Metro Canada

The evolution of man continues on the runway as the man-skirt is officially introduced into the mainstream fashion lexicon as part of H&M's 2010 spring collection for men.

Designers started putting men in skirts and sending them down the runway but the world did not really take notice until high profile designer Marc Jacobs started appearing in one for shows and events a few seasons ago.

Social conditioning that skirts are for women are being challenged with designers like Prada, Yves Saint Laurent and Alexander McQueen unveiling long and short skirts, pleated skirts and kilts, for men.

After all, men have been wearing skirts as part of native attire for years — the Scottish kilt, the Greek foustanella, the dhoti and lungi in India, the sarong in Southeast Asia, and the lavalava in Samoa.

Western culture has long resisted the man-skirt, holding fears of it being branded as effeminate.

"Our spring collection has a strong global inspiration and many ethnic influences," said Karen Richter, showroom manager at H&M Canada. "Men wearing skirts is common in many other cultures around the world."

H&M shows the pleated skort with a graphic T-shirt, a tailored blazer, leggings and a tough boot.

Also, H&M is bringing back an old look. Drop-crotch pants, or harem pants, for the urban man — a look some might remember from the late '80s.

It's a trend that can be seen on men and women in Europe but North Americans can't seem to let go of MC Hammer and "…Can't Touch This," look.

Givenchy, Dior Homme, Phillip Lim, Giorgio Armani, Ralph Lauren and many others designers have re-introduced the drop-crotch silhouette.

H&M shows the harem pants with a bright T-shirt, graphic maxi scarf and a cotton spring jacket.

GETTY IMAGES

Left: Designer Marc Jacobs.

Left: H&M's men "skort," ($59.95), hits stores mid-March at select stores.

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H&M

Team spirit tees

NHL fans can score an Old Navy hockey "jersey" with new limited edition two-in-one shirts for boys and girls. They feature teams such as the Vancouver Canucks and Toronto Maple Leafs. Kids shirts are $18.50 and baby tees are $16.50. METRO NEWS SERVICES

Style in brief

AUCTION Audrey Hepburn fans now have a chance to purchase dozens of garments and personal effects once belonging to the movie star in an auction that began this week in London. A Givenchy cocktail dress and cropped jacket made from black lace — which Hepburn wore in the 1966 film How to Steal a Million, co-starring Peter O'Toole — is expected to fetch the sale's highest price of between 15,000-20,000 pounds — though auctioneer Kerry Taylor says the estimates are very approximate.

THE ASSOCIATED PRESS

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Deciphering Mrs. O's style

New book examines first lady's fashion over the past year

KENYA HUNT
Metro World News

Mary Tomer, the woman behind the hugely popular website, Mrs. O (mrs-o.org), has released the book Mrs. O: The Face of Fashion Democracy, which examines Michelle Obama's personal style.

An advertising account planner by day, Tomer has spent her free time during the past 12 months tirelessly cataloguing the U.S. first lady's outfits, which is no easy task (Is that belt Azzedine Alaïa or J.Crew?).

It involves a certain amount of detective work, including countless hours studying runway photos on Style.com and sending emails to fashion publicity firms.

As a result, Tomer's site has become a must-read for industry insiders, fashion lovers and Ms. Obama fans alike.

Here Tomer breaks down the method behind her website:

Mrs. O: The Face of Fashion Democracy by Mary Tomer is available at Chapters and Indigo stores across the country or online at chapters.indigo.ca for $31.99.

Sussing out Mrs. Obama's favourites: "When I was starting up the blog, I would religiously study the top collections of the season on Style.com. Early on, I became aware that Ikram Goldman was an influential force in Michelle Obama's wardrobe, so I particularly studied up on the designers carried in her Chicago boutique," she explains.

Canvassing the fashion brands: "There was one Mrs. O mystery look that I was determined to include in this book, but I had to identify the designer in order to do so. As I was doing research and interviews for the book, I would ask various PR people if their designer was responsible," she says. "Someone finally pointed me to Jonathan Saunders and I then confirmed with his PR team."

Building a helpful peanut gallery: "If I wasn't sure (of an outfit), I would throw out a few suggestions on the blog, and see what the site community thought. The site community has grown considerably, so even when I'm stuck, someone on the blog can weigh in to help me identify the designer."

First lady face-off

- Michelle Obama beat out Carla Bruni for the first spot in French Elle's annual "Political Chic" best-dressed list. The magazine gave the American First Lady credit for her adventurous style and her penchant for wearing younger, emerging designers such as Thakoon and Jason Wu. Meanwhile, Carla Bruni, who tends to stick with more established, iconic designers, came in at number two.

KENYA HUNT/ METRO WORLD NEWS

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It's a boy for Bundchen and Brady
Gisele Bundchen has given birth to a healthy baby boy, according to People magazine, although she and Tom Brady did not release details on the birth or the name of the newborn. METRO WORLD NEWS

Entertainment

Extortion threat
John Stamos was the target of an alleged extortion attempt. Stamos says he was blackmailed for $680,000 US by a man and woman claiming they had threatening photos of the former Full House star. TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Sorry attempt to apologize

Chris Brown

Album: Graffiti
Label: Jive/Sony Music
Rating: ●

CHRIS BROWN SHOULD have waited a year before releasing a new record, as it's impossible not to listen to this and hear another half-hearted attempt to apologize for beating the pulp out of Rihanna, while making himself out to be the wounded boyfriend. Famous Girl is the most explicit song about his ex. And an offensive one at that. "You were the first to play games," "Keisha would have told me I was sent from heaven," "Some famous girls will break your heart" — classic blame the victim behaviour. Skip this disingenuous — and musically vapid — disc.

Bryan Borzykowski/for Metro Canada

Clipse

Album: Til The Casket Drops
Label: Re-Up/Columbia
Rating: ●●●●

IF MALICE AND Pusha T could sell records based on praise, they'd have bigger figures than both Jay-Z and Eminem. But after an oppressive record deal and the commercial disaster of 2006's brilliant Hell Hath No Fury, the Thornton brothers return with newfound relaxedness. It works both for and against them on their third album. Mixing it up with Cam'ron and Kanye, the bravado comes with an airy exhilaration, but joints with Pharrell and Keri Hilson cry for mainstream acceptance. Still, minus the signature coke-raps and hard knocks, it's still the Clipse, and they're still kinda like a big deal.

Cam Lindsay/for Metro Canada

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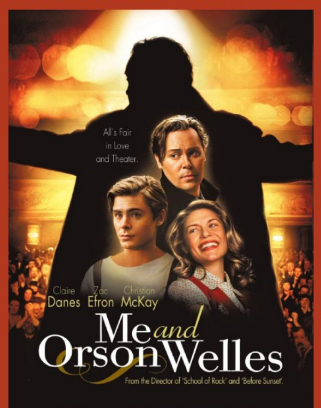

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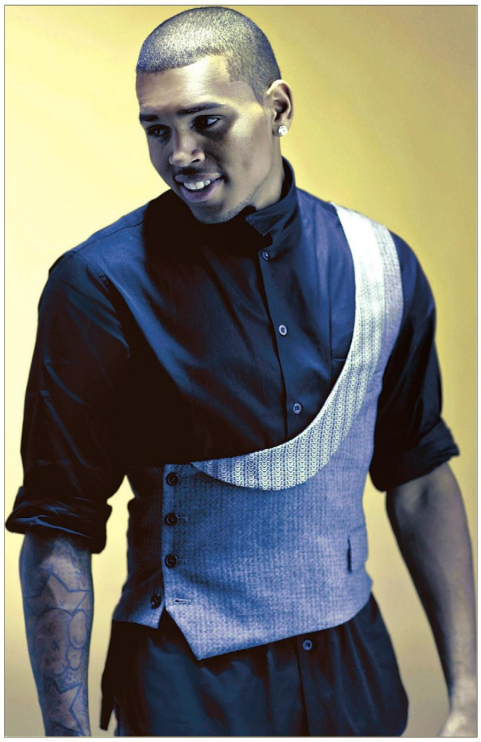
CharlotteGainsbourg

Album: IRM
Label: Because/Warner
Rating: ●●●●

THIS ALBUM SHOULD be co-credited to Beck, who wrote all of the music and co-wrote the lyrics. Named after the traumatic brain hemorrhage Charlotte suffered after a water-skiing accident, IRM is a collaboration that's as much the influence of her parents (Serge Gainsbourg and Jane Birkin) as it is Beck's recent string of studio quickies. While it's their duet on Heaven Can Wait and the crank eccentricity of Greenwich Mean Tim that will attract his fans, it's the lush, seductive orchestrations peppered throughout and psychedelic sound collages like IRM and Trick Pony that make it her album and not just Beck's pet project.

Cam Lindsay/for Metro Canada



Chris Brown makes a half-hearted attempt to apologize on Graffiti.

Neil Young

Album: Dreamin' Man
Label: Reprise/Warner
Rating: ●●●●

WINNIPEG-RAISED Neil Young can't do anything wrong, even when he releases his least exciting live album to date. Dreamin Man was recorded in 1992 and features every song off Harvest Moon. In terms of the singer-songwriters' live discs, it's not as thrilling as Live at Massey Hall or Live at the Fillmore East, but it's still damn good. It's just Young and his acoustic playing mellow renditions of the already low-key Harvest Moon. It's haunting and dramatic and his voice is in perfect shape. An excellent holiday gift for the Neil lover.

Bryan Borzykowski/for Metro Canada

30 Seconds To Mars

Album: This is War
Label: Virgin/EMI
Rating: ●●

IF ONLY ALL musicians were famous actors first. Unlike most bands,

AlbumReviews

music@metronews.ca

Jared Leto's 30 Seconds To Mars had a built-in audience when it formed, which has helped the group sell millions of records. Their music can't be the reason for the success — it's some of the most unimaginative work around. The group's latest is a messy collection of U2-like rock songs loaded with Leto's distorted howls and yells and uncoordinated guitars. It's also incredibly mundane. He's done one good things here — getting fans around the world to contribute sounds to the disc — but that's where the group's creativity ends.

Bryan Borzykowski/for Metro Canada

Juvenile

Album: Cocky & Confident
Label: Atlantic/Warner
Rating: ●●●½

TERIUS GRAY, A.K.A. Juvenile is no kid anymore. He's been a gangster rapper for almost 15 years, and his last record, Reality Check, about Hurricane Katrina was a huge hit, topping the Billboard 200 chart. His latest is another solid effort. It lacks much of the social commentary that made his last record great, but it's loaded with thoughtful beats, infectious rhymes and strong songwriting. My Money Don't Fold is probably the best track here — its slow, southern style is a throwback to some of Juvenile's earlier work.

Bryan Borzykowski/for Metro Canada

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Old friends tackle post-apartheid South Africa

Nelson Mandela made it clear that Morgan Freeman was the man he would want to play him in a film.

Buddies Eastwood and Freeman worked together on Invictus.

When it came time to play Mandela in Invictus, Freeman told producing partner Lori McCreary that he had two men in mind to direct the film, which dramatizes Mandela's partnership with a South African rugby star (played by Matt Damon) to rally their post-apartheid countrymen behind the team's underdog quest for the 1995 World Cup.

"I said, 'I can only think of two. Clint Eastwood, and then there's Clint Eastwood.' He's the best director I know," Freeman says of the filmmaker who gave him a plum role in Unforgiven and an Academy Award-winning part in Million Dollar Baby.

Freeman's comment comes moments before Eastwood enters the room for a joint interview, amiable banter and wisecracks ensuing as the two longtime friends and colleagues talk about their third collaboration.

Invictus opens in theatres tomorrow

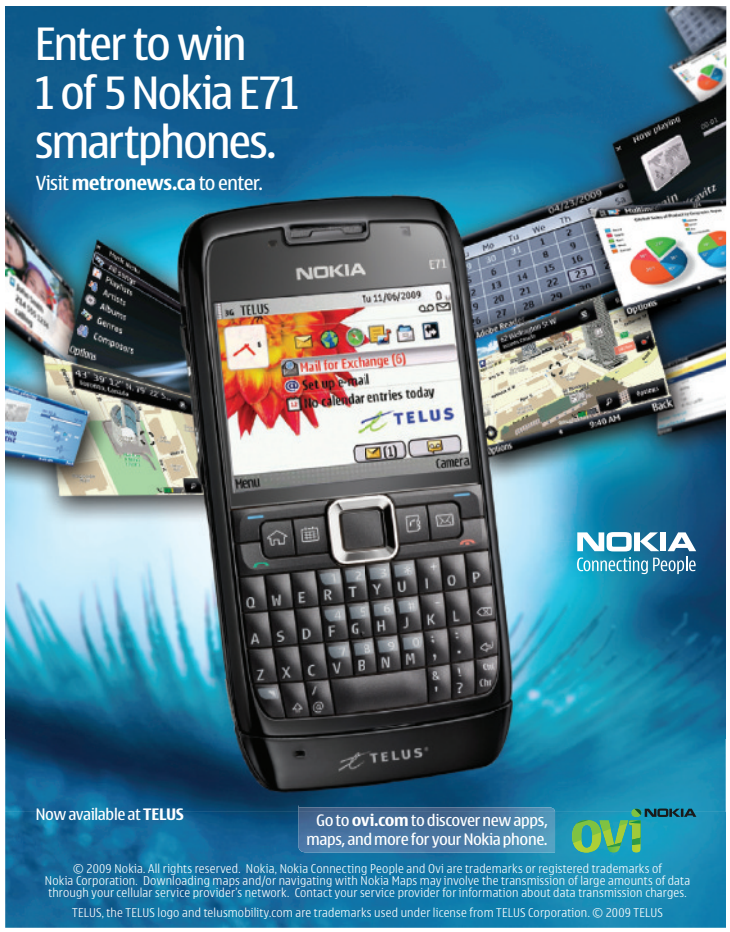
Informed of the compliment Freeman had just paid him as his only choice to direct Invictus, Eastwood shoots back: "That's very kind of him. He's obviously a man of very good taste and selectivity in life."

With Invictus, Freeman was the first man on board, sending the script Eastwood's way, hoping his friend would want to direct.

Journalist John Carlin told Freeman about his book, Playing the Enemy: Nelson Mandela and the Game That Made a Nation, recounting the new South African president's cheerleading that united whites and blacks behind the national rugby team.

The effort defined the healing spirit Mandela brought to the nation, Freeman says.

THE ASSOCIATED PRESS



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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 12/10/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Steven and Chris (N) (CC)		The Border "Spoils of War"		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	5 CTV	etalk (CC)	Hollywood	The Vampire Diaries (CC)		CSI: Crime Scene Investigat'n		The Mentalist (N) (CC)		News
	-	-	10 JOY	Frasier (CC)	The Insider	The Standard		Supernatural "The End"		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Samoa (N) (CC)		The Office (N)	The Office	90210 "Winter Wonderland"		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	FlashForward (CC)		Fringe William Bell resurfaces.		(:01) Private Practice (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	Community (N)	Parks/Recreat	30 Rock	30 Rock (N)	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	The Vampire Diaries (CC)		Supernatural "The End"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Samoa (N) (CC)		CSI: Crime Scene Investigat'n		The Mentalist (N) (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Community (N)	Parks/Recreat	The Office (N)	30 Rock (N)	The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Friends (CC)	Friends (CC)	Home by Christmas (2006, Drama) Linda Hamilton.				A Very Merry Daughter of the Bride (2008)		
	288	380	24 ABC	Wheel-Fortune	Jeopardy! (N)	FlashForward (CC)		Grey's Anatomy (CC)		(:01) Private Practice (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	White Chicks ★★ (2004) Shawn Wayans, Marlon Wayans.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Seattle's Forgotten World's Fair			David Garrett: Live in Berlin (CC)			Magnificent Mind at Any Age-Amen		
	290	382	23 FOX	Two/Half Men	Two/Half Men	Bones "The Goop on the Girl"		Fringe William Bell resurfaces.		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	(6:30) Change Your Brain, Change Your Life			Science Trek Physics of popular culture.			Science of Healing With Dr. Esther		
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	The Vampire Diaries (CC)		Supernatural "The End"		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	75 STR	News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National (N)		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NFL Football: Steelers at Browns			Sportsnet	Sportsnet Connected (Live)		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	Curling		SportsCentre (Live) (CC)		World Poker Tour (Part 1 of 2)		Scott Firefit Championships		SportsCentre
	411	457	49 OLN	Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters International		Bounty Hunter
	410	403	54 SCR	Score Now	NBA Basketball Orlando Magic at Utah Jazz. (Subject to Blackout) (Live)					Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pass Time	Pass Time	Pinks -- All Out		Pinks Out	Jacked!	Wrecked
	416	409	144 GLF	(6:00) Fútbol Italiano		Bundesliga	Ftbl Today	Gol TV News	Bundesliga	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Sabrina-Witch	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Stoked	Total Drama	6TEEN "Snow Job"		Futurama	King of Hill	Ghost World ★★★ (2001) Thora Birch. (CC)		
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Victorian Farm (CC)		The Choir "Boys Don't Sing"		Cinema Asia "Taiwan" (CC)		Beautiful
	575	583	20 CMT	Home Imp.	Home Imp.	CMT Star Crossed		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	42 MM	(6:30) Muchmusic Countdown		MuchTop11at11		You Can Dance		To Be Announced		Loud
	600	564	48 H&G	House	House	Holmes Inspection (CC)		Renovation	Disaster DIY	Holmes on Homes (CC)		House
	615	520	61 A&E	The First 48 (CC)		Steven Seagal	Steven Seagal	(:01) The First 48 (CC)		(:01) The First 48 (CC)		The First 48
	628	584	62 SPKE	(6:00) TNA Wrestling (N)		Act. Invictus	MANswers	Game Gods	GameTrailers	UFC 107 Countdown		Afro Samurai
	521	560	64 TLC	BBQ Pitmasters (N) (CC)		American Chopper (CC)		BBQ Pitmasters (CC)		American Chopper (CC)		BBQ Pit
	616	522	63 SHO	The Outer Limits (CC)		Da Vinci's City Hall (CC)		Found.	Paradise Falls	Bones (CC)		NCIS (CC)
	620	523	40 BVO	Everything's Gone Green (CC)		Law & Order (CC)		Without a Trace "Deja Vu"		The In Crowd ★★ (1988) Donovan Leitch.		
	601	562	41 SLC	X-Weighted "Kendra" (CC)		ET Canada	Whatever	Work Out (CC)		Brat Camp (CC)		Trading Sp
	520	505	42 DIS	MythBusters "Curving Bullets"		Daily Planet (CC)		Life "Plants" (CC)		Life Primates are intelligent.		MythBusters
	522	506	44 HIS	Ice Road Truckers (CC)		Ancient Discoveries (CC)		Underworld Histories (CC)		Life After People (CC)		Disaster
	627	528	45 SPC	(6:00) SS Doomtrooper (2006)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager "Faces"	
	294	650	57 TBS	Family Guy	Family Guy	Lopez Tonight (N)		Very Funny	Seinfeld	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Seinfeld	Seinfeld	The Outer Limits (CC)		ET Canada	TV Made	Family Guy	Seinfeld	Seinfeld
	603	561	62 FN	Ace of Cakes	Ace of Cakes	Dinner: Impossible (CC)		Unwrapped	Unwrapped	Heston's Feasts (CC)		Ace of Cakes
	-	-	53 AMC	(5:00) The Four Feathers ★★		The Prince of Tides ★★★ (1991, Romance) Nick Nolte, Barbra Streisand, Blythe Danner.						Four Feathers
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore	Daily Show
	320	621	30 CEN	(6:00) Leatherheads ★★ (CC)		Stone of Destiny (2008) Charlie Cox. Premiere.				(:40) Crossing Over ★ (2009) Harrison Ford, Ray Liotta. (CC)		
	581	566	101 MTV	Jersey Shore (N) (CC)		MTV Live	Sex News	Peak Season	After	Jersey Shore (CC)		MTV Live
	261	394	102 V	Christmas Coal Mine Miracle		Celtic Angels at Christmas		Christmas Coal Mine Miracle ★★ (1977) Mitchell Ryan.				Paid Program
	-	-	105 MUL	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics'corner

Everything's Gone Green

Crime doesn't pay — mentally anyway. In cash? Well, sometimes. In this 2006 comedy, Paulo Costanzo stars as Ryan, a slacker who works for a lottery magazine. When he's offered a position laundering money, he actually agrees. But after the cash starts rolling in, he realizes he feels too guilty to do anything with it. Steph Song, JR Bourne and Susan Hogan also star. 6 PM on BVO

Bones

Brennan and Booth (Emily Deschanel, David Boreanaz) investigate after a man dressed as Santa Claus is blown up following a botched bank robbery. On the home front, Brennan's father (guest star Ryan O'Neal) invites a distant relative, Margaret Whitesell (guest star Zooey Deschanel, Emily's real-life sister), to spend Christmas with him and his daughter. Tamara Taylor also stars in the new episode "The Goop on the Girl." 8 PM on FOX

Cibo Trattoria honoured

Where magazine has announced its list of Best New Restaurants of 2009. Vancouver's Cibo Trattoria made the cut. Visit where.ca for the complete list. METRO NEWS SERVICES

Urban Foodie

Do the right thing when eating out

Tipping well in keeping with holiday spirit

ANYA LEVYKH
anya.levykh@gmail.com

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

In the spirit of doing right by your fellow man or woman, here are some do's and don'ts on tipping — especially for groups — over the holidays. Remember, 15 per cent to 20 per cent is average, and if you're splitting the bill, don't forget to account for GST and liquor tax.

The verbal tip

If you've received excellent service from someone, don't just lave them with superlatives and forget to leave an equally stimulating tip. The bulk of a server's income comes from the tips they earn, not that minimum-wage salary, so not leaving a good tip after praising them all night is like a slap in the face.

Gift cards and coupons

If you are receiving a discount on the meal, calculate the tip on the pre-discount amount. Same with gift cards. Just because you received fifty per cent off or didn't pay cash for the meal, doesn't mean your server got to work less.

Not happy with something?

Whether it's an overdone steak or a drink that took too long to arrive, state your concerns promptly and courteously to your server, and give them the chance to make it right.

If you don't like how something tastes, that's probably not the server's fault, but he can help you find something more to your taste.

If you're not happy with the service you're receiving, ask to speak with a manager and if nothing improves, let your wallet do the talking.

Tipping appropriately for restaurant service is especially important during the busy holidays.

The four hour dinner

Your dinner started at seven and you're all still there four hours later (and it's not due to slow service). Restaurants usually rely on having a minimum of two full seatings each night, so if your party stays twice as long, then say thank you for the extra time and plunk down a few extra dollars.

AWOL alert

We've all experienced those times when something goes wrong at the last minute (babysitter cancels, car breaks down) and that dinner reservation must go the way of Indo-French fusion. Even if it's five minutes before you're supposed to arrive, call and let the restaurant know. They will appreciate the fact that you called at all, because most people don't.

Happy Dining!

Medley's Bistro and Lounge

December 14th - 23rd (Mon. to Fri.) Join us in Medley's Restaurant for our seasonal lunch buffet featuring succulent traditional roast turkey with all the fixings. $12.95.

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- New Years Day Brunch Buffet

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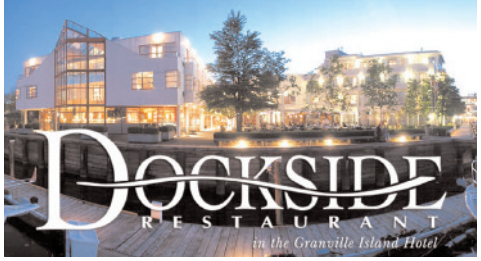

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Check out metronews.ca/globalpeasant for a recipe of Orange Spice Molasses Cookies.

New releases

Mission Hill's Reserve series has some great new releases in time for the holidays. The 2007 Cabernet Sauvignon ($22.95 BCLS) has rich, earthy, berry notes, great with roast lamb. The 2008 Riesling Icewine ($59.99 BCLS) has a sweet honey-and-citrus fragrance, with a delicate finish. Enjoy on its own or poured over vanilla ice cream.

In brief

HIRED Chambar has hired Sebastien Lagors as their new GM and Robert Stelmachuk (Le Crocodile, Market by Jean-Georges) as the new sommelier.

CHARITY Operation Cookies for Kids is in full force, and those Vista D'oro tins full of holiday treats from the best restos in town go on sale December 10. Minimum donation $50, with 100 per cent of proceeds going toward B.C. Children's Hospital.

Dining out

OYSTERS FOR LESS

Coast Restaurant (1054 Alberni St.) is now offering fresh West Coast oysters for one dollar each between 3 p.m. and 5 p.m. daily. Or enjoy a dozen peel-and-eat shrimp for $12.

IRISH MEAL

The Irish Heather (212 Carrall St.) is offering two Christmas day options. A full Irish breakfast for $15 and a three-course dinner with a bottle of Granville Island Lions Winter Ale for $25. Vegetarian options available for both menus. Email sean@irish-heather.com for reservations.

ANYA LEVYKH/
FOR METRO VANCOUVER

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PLAY BY YOUR RULES, DRINK RESPONSIBLY.

Hilton's humble adobe invaded
Nicky Hilton has been burgled, femalefirst.co.uk reports. The break-in at the blonde socialite's Hollywood home was reported at 3.30 p.m. Tuesday and a host of expensive items were stolen. METRO NEWS SERVICES

Celebrity Buzz

Cage's ex suing his pants off

NO, ANYTHING BUT THE YACHTS! Nicolas Cage's financial and legal nightmare continues to grow, people.com reports.

Christina Fulton, mother of Cage's eldest child Weston, 18, is suing the actor for fraud and breach of contract, alleging she's been caught in the web of his financial mismanagement and is now more than $1.2 million US in debt herself, Los Angeles court papers show.

Cage stated in an October lawsuit he faces financial ruin after allegedly being duped by a former accountant, Samuel Levin. The actor currently owes $6.3 million in back taxes, recently defaulted on a $2 million loan, and has begun a massive sell-off of homes, cars, yachts and other possessions to recoup his losses.

Fulton, 42, a former actress, says she was provided an L.A. home years ago by Cage in exchange for raising Weston, and believed the property was under her name. That is until September, when Cage allegedly served her with a 60-day notice to get out.

Fulton says that because of Cage and Levin's negligence, she now owes the IRS more than $1 million, in addition to $250,000 in unpaid credit card debt. She says the credit card was supposed to be paid off regularly by Cage and that fraudulent charges were racked up by a staffer hired by the actor who didn't undergo a sufficient background check.

All told, Fulton says damages to her exceed $13 million.

Levin, the accountant, has countersued Cage, stating the actor's financial collapse was due to his "compulsive, self-destructive spending."

METRO WORLD NEWS

Madonna's kids dance it out

MADGE'S OWN DANCE DANCE REVOLUTION It looks like that it won't just be Madonna's daughter Lourdes featuring in her work — four-year-old son David has revealed a love of the superstar's work, people.com reports.

"He knows every song, every word, every step, and he wants to wear all the costumes," Madonna, 51, told the British morning show GMTV.

Coming after stage-ready Lourdes, 13, joined her mom in the video for Celebration, performing clearly runs in the family. During her recent Sticky & Sweet world tour, Madonna's nine-year-old son with director Guy Ritchie, Rocco joined her on stage.

"When he jumped on stage to dance in my last show, I was shocked actually," she said.

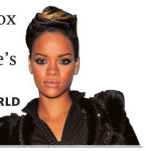
"And secretly, unbeknownst to me, they're all studying privately with my dancers.

"And Rocco comes out and busts out like a moonwalk or you know, some kind of break-dancing move. He's always been quite shy so I was shocked."

METRO NEWS SERVICES

Rihanna's secret silver screen wish

KISSES DON'T LIE Rihanna wouldn't mind giving acting a try. And she has just the role for herself. "I'd love to be an assassin. Either that or a lesbian. Maybe both! Hey, a gay assassin, there's nothing hotter than that," she tells the Daily Star. When asked who she'd like to play her onscreen girlfriend, the singer insists, "Megan Fox – hands down. She's yummy."



METRO WORLD NEWS

Barton is okay with kissing girls

GIRLS ARE EASY Mischa Barton finds it peculiar that she's often asked to lock lips with another girl onscreen — she's done it three times in her young career — but she doesn't think it's a bad thing, according to Hollyscoop.

"I don't know why that keeps coming up," says Barton. "It doesn't annoy me that much. It's so much easier to kiss another girl. You're so much more relaxed filming and you can have a laugh. It can get a bit tense with a guy."

METRO WORLD NEWS

Fergie discusses having children

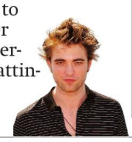
A FERGALICIOUS FAMILY Possibly hoping to put their recent alleged cheating scandal behind them, Fergie says she and Josh Duhammel are ready to start a family.

"Am I getting broody? Oh, definitely," she tells British Cosmopolitan. "I want to finish this tour first before trying to start a family."

METRO WORLD NEWS

Uma picks vampire over millionaire?

JUST A RUMOUR. PHEW. Uma Thurman has shot down reports that she is romancing Robert Pattinson after splitting from her fiancé, femalefirst.co.uk reports. The split has prompted gossip mags to speculate her new love interest will be Pattinson. METRO NEWS SERVICES



Celebrity tweets

Paris Hilton comes out strongly against burglary, Stan Lee laments his inability to ask for money, Tom Arnold breaks the rules, and John Cleese got through eye surgery despite the pressure from his fans.

• @parishilton I HATE people who steal! It's so wrong! I hope they catch whoever did this! There has been so many robberies lately. So scary!

• @smilinstanlee Here's proof I'm a lousy businessman: Other guys become movie stars and get rich. I become a cameo star– and get thank you's.

• @TomArnold In Shanghai doing @Asia_Uncut - nice people but Twitter banned here, oops

• @JohnCleese All well, the deed was done, and I can now see again... just... thank you all for your prayers and death threats (you know who you are).

METRO WORLD NEWS

Tequila shoots to the altar

SALT. TEQUILA. LIME. I DO. Tila Tequila is getting married to Johnson & Johnson heiress Casey Johnson — or so she said Wednesday morning in a rambling USTREAM video, usmagazine.com reports.

"We have an announcement," the 27-year-old MTV reality star began. "...So are you ready for this big announcement that's going to change our lives?

"I love you guys so much, we are giving you the exclusive first — Tila army fans — tonight, my girlfriend has asked me to marry her!"

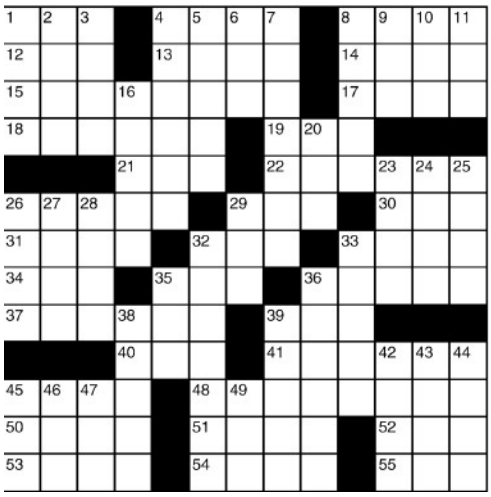
She then flashed a "17-carat diamond ring from my baby."

METRO NEWS SERVICES

The Weather Network
TWN incorporates MSC data
Today Partly cloudy -1° / -5°
Friday 40% Flurries 1° / -1°
Saturday 90% Rain and snow 2° / 0°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Recipe meas.
4 Circulate
8 Wield an axe
12 Blackbird
13 Staffer
14 Posterior
15 Chickening-out feeling
17 Aware of
18 Rectangular
19 Spread seeds
21 Chart format
22 Exces-sively
26 Old anesthetic
29 Conk out
30 Born
31 Curds' mate
32 Parcel of land
33 Pack cargo
34 Historic time
35 Jewel
36 Saturn has many
37 Legislation
39 Old French coin
40 Coffee vessel
41 Capital of Oman
45 Creche trio
48 Ready to rumble
50 Not "fer"
51 Parliamentarian, perhaps
52 Lawyers' org.
53 Safecracker
54 Albanian coins
55 Bygone space station

DOWN

1 Mexican entree
2 Uppity one
3 Dosage, maybe
4 Dragon of Norse myth
5 Loyal subject
6 Rhyming tribute
7 Diver's garb
8 Mob
9 Coop denizen
10 Feedbag morsel
11 In favor of
16 Sleepy companion?
20 Inseparable
23 "Do — others ..."
24 Trotsky or Russell
25 Evergreens
26 Basin accessory
27 From one end to t'other
28 Get better
29 Comic DeLuise
32 Humorous hoax
33 March King
35 Wildebeest
36 Almond Joys minus almonds
38 Cake enhancement
39 Smug smile
42 Study all night
43 Both (Pref.)
44 Autocrat
45 Spring part
46 Time of your life?
47 Showbiz job
49 "Ulalume" writer

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8						5	
4				8				2
5			9		1			7
		3	6		8	4		
				4				
		2	3		7	1		
6			4		2			1
2				1				9
	7						8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	7	4	8	2	3	9	5	1
9	1	8	5	6	7	4	3	2
5	2	3	4	9	1	8	6	7
8	6	2	7	4	5	3	1	9
3	9	7	2	1	8	6	4	5
1	4	5	9	3	6	2	7	8
7	3	9	6	5	2	1	8	4
4	5	1	3	8	9	7	2	6
2	8	6	1	7	4	5	9	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Quick Garlic Pasta Sauce

Submitted by:
Debra Nasuti,
Winnipeg, MB

INGREDIENTS:

1 Cup olive oil
1/4 Cup water
3 Tablespoon paprika
6 Clove garlic chopped fine (more if desired)
1/2 Teaspoon salt (adjust to your taste)
2 Teaspoon parsley chopped
1/2 Cup grated parmesan cheese
1/2 chili pepper chopped fine (optional)

METHOD:

1. Heat oil and water over low heat. Add garlic and fry gently you do not want to burn the garlic. Add paprika, salt, and chili peppers (if you choose) and fry for 5 minutes. Keep stirring another 5 minutes. Paprika will thicken to a sauce like texture. Turn heat up slowly over the 5 minutes and watch that it does not burn.

2. Pour over pasta of your choice. Add the cheese and parsley and toss.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Your confidence may be lower than usual but bear in mind that what seems low to you still seems high to most other people.

TAURUS ♉
APRIL 21-MAY 21
There are some suspicious things going on at the moment and you can't help but wonder if someone is plotting against you. Don't overreact.

GEMINI ♊
MAY 22-JUNE 21
Like it or not you will have to admit that someone you thought you could trust has been taking advantage of your generous nature.

CANCER ♋
JUNE 22-JULY 22
In the greater scheme of things coincidences are rare, so be on your guard if a dangerous pattern seems to be repeating itself.

LEO ♌
JULY 23-AUG 23
Hard luck stories will be two-a-penny today, but not one of them is true. A little suspicion is no bad thing.

VIRGO ♍
AUG 24-SEPT 22
It's good to speak your mind, of course, but if you are wise you won't say anything too outrageous today.

LIBRA ♎
SEPT 23-OCT 23
Come and go as you please today and ignore those who say you should stay where you are and see to your responsibilities.

SCORPIO ♏
OCT 24-NOV 22
The only real danger today is that you might be a bit too forgiving for your own good. It might send the wrong signal.

SAGITTARIUS ♐
NOV 23-DEC 21
Don't worry too much if a loved one is difficult to get along with today because there is absolutely nothing wrong with your relationship.

CAPRICORN ♑
DEC 22-JAN 20
If you are finding it hard to reach an agreement with someone about a business-related issue you are advised to leave it a day or two.

AQUARIUS ♒
JAN 21-FEB 18
By all means use your imagination and find ways to boost your wealth and wellbeing, but avoid wishful thinking.

PISCES ♓
FEB 19-MARCH 20
You may be reluctant to cross swords with a rival today but the planets warn if you back down you can be bullied every day of the week.

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1898 – Spanish-American War: The Treaty of Paris is signed, officially ending the conflict.
1901 – The first Nobel Prizes are awarded.
1968 – Japan's biggest heist, the still-unsolved 300 million yen robbery, is carried out in Tokyo.
1996 – Rwandan Genocide: Military advisor to the United Nations Secretary-General and head of the Military Division of the Department of Peacekeeping Operations of the United Nations Maurice Baril recommends that the UN multi-national forces in Zaire stand down.

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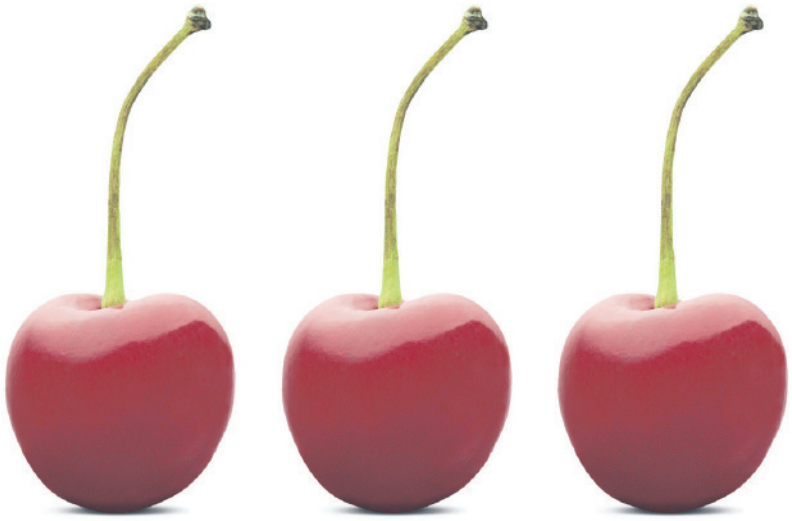

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